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JENNIFER FRIESEN/FOR METRO

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metroNEWS

'Outbreak' gets a plan

metr **EXCLUSIVE**

Groups unite to fight sexually transmitted diseases



Alex Boyd
Metro | Edmonton

Alberta is enlisting dozens of community groups to create a strategy to tackle what they've called "outbreak levels" of sexually transmitted infections.

The province's current five-year plan concludes at the end of the year. Officials are now opening an "expanded level of involvement" for community groups to build the next strategy, confirmed Shannon Evans of Alberta Health Services.

STI rates in the province have "spiked dramatically," according to past government statements; gonorrhea was up by 80 per cent in 2015 compared with 2014. Over the same

period, cases of syphilis doubled.

The current approach needs a re-think, said Brook Biggin, who was recently appointed to the strategy's steering committee. "I think the people who are responsible for sexual health in Alberta kind of get that it's not working," he said.

Biggin founded the Edmonton Men's Health Collective and also works at HIV Edmonton and said a community-based approach is "a step in the right direction" because it will add accountability.

"We'll all know what's in the strategy because we've helped create it, and we'll know who to call if something goes wrong because we sat across the table from them."

More than 200 stakeholders first met in September on the strategy, and Evans said they hope to have the new plan ready by early 2017.

The scope of the final strategy is broad, Evans added.

"It's the whole spectrum. It's not just about treatment, which is what most people think when they think STIs. It's prevention, it's awareness, it's the social discourse," she said.

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Uber's return to Calgary stalled

LICENSING

New taxi plates to be set up, then rideshare bylaw tweaks



Helen Pike
Metro | Calgary

It's Uber's line in the sand, the bare minimum that would make the "rideshare" giant's operations possible in the City of Calgary.

What's been a rush to have new licensing fees in place before the holiday season may be slowing pace. A motion was put forward during a Livery and Transport Advisory Committee that may hold off by-law changes pending council approval until after all the new taxi plates waiting in the wings are operational.

And that could hold Uber off for now, if administration decides to uphold LTAC's recommendation.

"The proposed changes are a step in the right direction, and would allow Uber to operate," said Michael van Hemmen, public policy manager with Uber Canada. "The current bylaw is cost-prohibitive and creates barriers for drivers to participate."

The tweaks, which companies can take or leave over the status quo, include a \$0.20 per ride fee, thresholds companies must pay per driver, and a \$15 per driver fee — at the end of the day, these fees in



Calgary has had ridesharing bylaws in place since February, but the regulations chased Uber out of town because it "broke" their business model. JENNIFER FRIESEN/ FOR METRO

one year's time must equate to revenues the city would collect on their previous \$220 per driver fee.

In the meeting, he was polled by the LTAC committee members about why Uber can't just operate under the current bylaw, to which he responded it wouldn't be sustainable even in the medium term.

But Uber can legally operate

in Calgary, and that's what not only taxi companies, but current TNC operators are grappling with.

Mohamed Benini, owner of Cowboy Taxi, said with the new TNC fees he wouldn't be able to afford his current drivers. He has three.

"Why would a driver pay \$220 to start with me, if they can start with Uber for free?"

asked Benini.

But Marc Halat, Calgary's chief compliance officer, said since the bylaw's inception, the city hasn't seen the uptake Calgarians were asking for.

"Is there a possibility we haven't got this right?" asked Halat. "Let's test another model ... that is better and doesn't compromise our principles. Then there will be choices for

business operators."

But the fee structure was only a small sore spot; LTAC members had questions for administrations about why taxis weren't also being treated to new online application systems, and why their bylaws weren't also being overhauled.

"They didn't consider making the same changes they're offering for TNCs to taxis," said

1,752

The number of Uber drivers operational in November 2015 before a court halted operations in an injunction.

6

The total number of transportation network companies

70

The total number of TNC drivers currently on Calgary's roads.

Kurt Enders, with Checker Cab. "Our biggest challenge is we weren't engaged as a key stakeholder in the industry during this process. I think if we had been brought upfront we would have found a bit of compromise"

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WORKFORCE

Students look to amp up employment program



Helen Pike
Metro | Calgary

Getting students to work isn't just a summer program, according to Alberta's student leaders.

On Thursday, the Alberta government released numbers after the first summer the province's Student Temporary Employment Program was re-launched. Every year, the STEP program will be given \$10 million to

help students find work, and employers cash in on the program. This comes after the previous government's decision to dissolve it in March 2013.

This summer, the province reported more than 2,700 students were connected with 1,200 employers for their program. An opportunity Minister of Labour Christina Grey said was valuable in helping students prepare for their futures.

Although it counted as a win for the province, student lead-

ers are looking for more enhancements to get the STEP program moving forward.

Dexter Bruneau, Council of Alberta University Students (CAUS) chair said his group has several ideas for the government to help improve the program.

"STEP will hopefully be able to help those kinds of students who want or need to be working through the school year," said Bruneau.

He added another imperative

change is adjusting the ratio employers are compensated for offering STEP positions as the minimum wage increases.

"The subsidy is \$7, so we're seeing a three quarter subsidy for employers, but as minimum wage increases to \$15, the subsidy will be less than half," said Bruneau. He noted the government could also improve the STEP program by broadening the scope of jobs on offer to help students get experience in their field of study.

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Skipping the sorting may end up costing you once the bylaw is updated and enacted, effective November 2017. METRO FILE

Waste bylaw fines added

TRASH MANAGEMENT

Charges only used as a last resort: Officials



Brodie Thomas
Metro | Calgary

Not sorting your garbage, recyclables and compostable? That could result in a fine under new city bylaws.

But the chances of you actually getting fined are slim, according to officials with the city's waste and recycling program.

With green carts soon ready to roll out, the city is updating its bylaws to make sure they have teeth. There are already a number of fines on the books — most in the \$100 to \$250 range, but a few in the thousands of dollars.

Lindsay Seidel-Wassenear, leader of strategic planning and policy with Waste and Recycling, said the bylaw as it stands makes no mention of the green carts, and that's part of the reason for the updates.

The bylaw changes define things such as compostable bags, and spells out the nitty gritty. For instance, pet waste can go in the garbage stream if it's in a regular plastic bag, or in the green bin if it's in a compostable bag.

The fine for failing to properly sort your waste is \$250. There are also \$125 fines for setting out your containers before 7 p.m. the day before collection day, or failing to take them in by 7 p.m. on collection day.

The latest changes won't take effect until November 2017.

Seidel-Wassenear said the fines are an absolute last resort for the city.

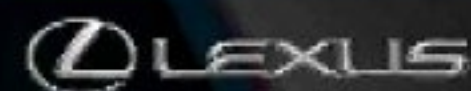
"We take an education first approach," she said. "So we're working proactively with people and making sure

they understand how to use the program. Enforcement is only used when we've exhausted all other efforts."

So how rarely do they actually use the stick rather than the carrot? According to city Bylaw officials, only nine fines related to waste and recycling have been giving out so far in 2016.

\$250

The proposed fine for not sorting recyclables and compost from garbage.



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'Death is the ultimate reality check': Father

MOURNING

Twins' dad recounts events that led to tragedy

An early morning text was the first warning to Jason Caldwell that something was wrong.

"Jason. Do you know where your boys are?"

He'd just had dinner with Evan and Jordan, 17-year-old twin brothers, the night before. He hugged them goodbye and they went out the door with their friends from church.

But they hadn't come home before he and his wife went to bed and weren't home when his phone woke him up.

"As we stood in the waiting room at the Foothills Hospital, we soon came to realize that our boys weren't there," recalled Caldwell.

"I was taken out to a police cruiser, driven down the hill to the medical examiner's office. I have never felt more powerless in my whole life than the moment I fell to my knees between the cold, lifeless bodies of my sons.

"Death is the ultimate reality check."

Caldwell's sons died in an after-hours accident sliding down a luge-bobsled track in February. He shared the story of what his family went through at the Calgary Leadership Prayer Breakfast on Thursday.

The two boys were part of a larger group that snuck onto the grounds of the WinSport facility in Calgary with plastic sleds and headed down the icy track, which was built for the 1988 Olympics.

They hit a gate, set up to div-



A memorial table is set up at Westmount Charter School in Calgary on Monday Feb. 8, 2016 for Evan and Jordan Caldwell.

THE CANADIAN PRESS

ide the bobsled and luge runs, at high speed and died almost instantly. Six other young men were taken to hospital.

Caldwell said the friends came up with the plan at a restaurant that night.

"As they sat around a restaurant table with several other teenagers, a dreadful idea took shape," he said.

"The zest for life and adventure had gotten the best of them. Those invincible, undeveloped teenaged brains never considered or calculated the danger. None of the parents had any idea what kind of catastrophe was about to take place."

Caldwell said the family has received a lot of support. But there's also been criticism on

social media - the boys were trespassing. Why didn't their parents know where they were?

"My wife Shauna and I would be the first to agree and sincerely apologize," Caldwell said.

"We were sleeping while tragedy unfolded. Those boys had no business being there that night and they paid the ultimate price."

Caldwell said his family's

faith has sustained them and he knows his boys are in a better place.

"Life changes in the blink of an eye," he said.

"As I knelt on the concrete floor of the medical examiner's office, all I could say is thank God that I don't have to worry about where my sons are."

THE CANADIAN PRESS

INVENTION

Pilfer-proof poppy box is bad news for thieves



Brodie Thomas
Metro | Calgary

Stolen Remembrance Day poppy boxes are seen as a theft of convenience this time of year, but one man hopes to stop thieves in their tracks with a new design he's developed.

Dan Kroffat will be rolling out his theft-proof poppy boxes on Friday in Cochrane.

He said after hearing about numerous poppy box thefts around Calgary last year, he set out to raise money to offset that loss.

"I realized rather than a Band-Aid fix of replacing the money every year for stolen boxes, why not design a new box?"

Kroffat said he got together with a Calgary manufacturing company and they worked out a design, which will be unveiled at Cochrane Toyota on Friday. Kroffat said that dealership sponsored the manufacturing of the prototype boxes.

He said the design is so secret, he couldn't even give us a sneak peek, but he hinted that it involves securing the box to the counter with a cable.

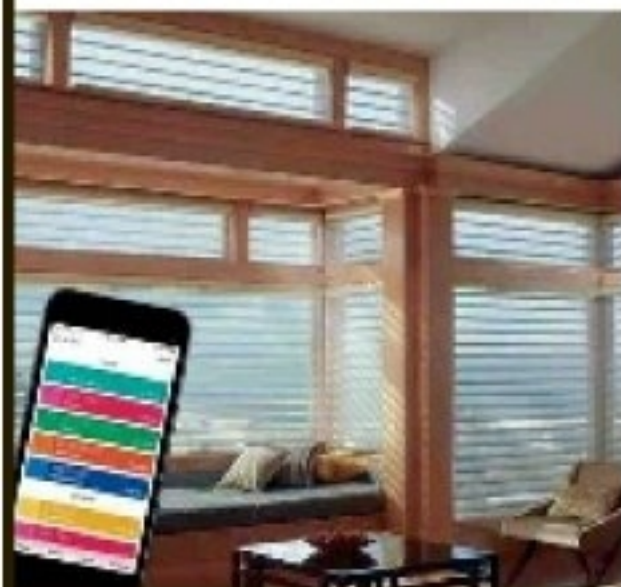
"This cord is connected to the box. It's made out of a composite metal. You can't steal the money out of it, and you can't take the box because it's secured to the retailer's table."

Kroffat said after speaking with police, he learned that most of the thefts seems to be spontaneous. It's a crime of convenience because the money is easy to grab, and usually near the door of the store.

Calgary Police said 39 poppy boxes were stolen in the Calgary area in 2015.

Calls to The Royal Canadian Legion — the group behind the poppy campaign — were not returned by deadline.

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Women have been shaving their legs and underarms for decades. It's a cumbersome chore that needs to be done frequently to avoid stubble. Feminine facial hair is even more cumbersome. It is common in certain ethnic groups and increases in most ethnicities after menopause. Hairy backs have never been considered attractive, but nowadays it seems that body hair in general is considered unsightly on men as well as women. In an era where all of us seem busier than ever, shaving is time-consuming and the cost of professional waxing can add up. Ingrown hairs that can result from ongoing shaving or waxing are unsightly and can even be painful. Imagine the freedom of enjoying smooth skin, free of stubble, without the need to shave or wax.

Laser Hair Removal can permanently destroy the hair follicles and their ability to grow hair where it is unwanted. Not all hair removal lasers work equally well. Medical-grade differs greatly from spa-grade and not all technology is suitable for every person. Having a basic understanding of how laser hair removal works and what to expect will save you money, time and possibly disappointment.

Hair removal treatments are done with either an IPL (Intense Pulsed Light machine) or various lasers, known as Alexandrites, ND Yags or Diodes. Each has its pros and cons, its advantages, risks and limitations. If you have ever been to Skinpossible's website, or the clinic itself, you may be aware that Skinpossible has more technology than any other clinic in Calgary. Skinpossible has all of the above and all of our technology is tier-one within its class. Since lasers and light used for hair removal are looking beneath the surface of the skin for pigment in

the hair follicle, not all technologies are suitable for darker skin types or tanned skin due to the pigment in the skin itself. Depending on the thickness of the hair, the colour of the hair, the depth of the follicles, and how much natural pigment is in your skin, we choose the device that will work best for you.

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- **Comfort:**
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Fotona Avalanche Frac3 ND Yag:

Expanded capabilities of Fotona's new Avalanche Frac3 ND Yag laser

hair removal improves the efficacy, and unlike other ND Yag laser treatments which hurt, this treatment is completely pain-free. It is ideal for people from the Middle East and other dark skin types because the wavelength penetrates deeply into the skin to target the deepest hair follicles while bypassing the natural pigment in the skin.

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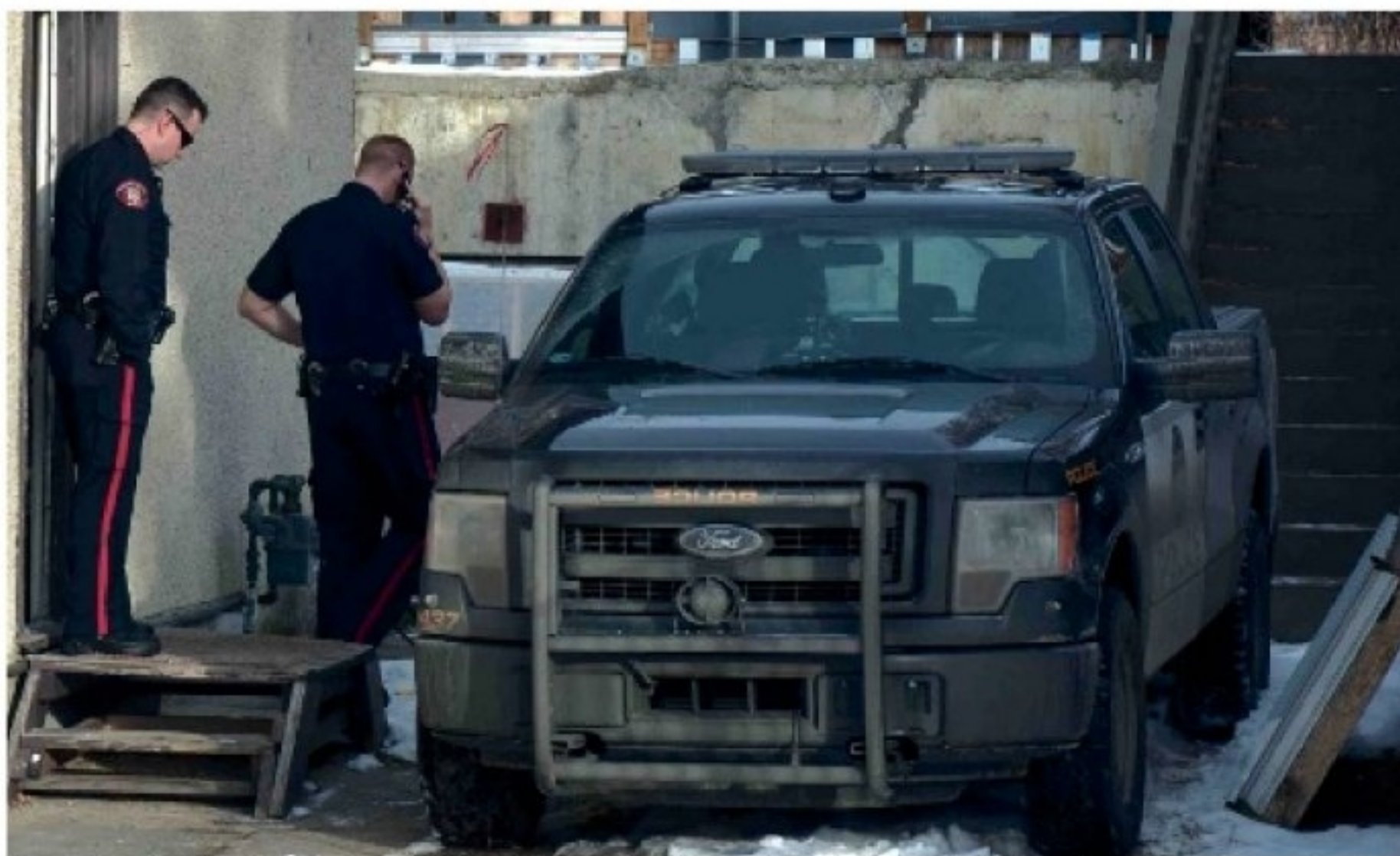
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An article written by a District 4 sergeant in the CPC's summer magazine alleges that frontline officers are taking on a heavier caseload than detectives. JENNIFER FRIESEN/FOR METRO

Frontline officers feel overworked

POLICE

Sergeant alleges they are taking on more cases than detectives

Lucie Edwardson
Metro | Calgary

One Calgary police sergeant said when looking at caseloads in his district and comparing frontline officers to detectives, he wasn't surprised to see patrol officers taking on more cases than their investigative counterparts.

But, the Calgary Police Service said the numbers don't tell the full story.

In the 2015 Calgary Police Commission internal survey, the majority of officers expressed feeling overworked and understaffed, and sergeant Clint Grabowski said he thinks he knows the reason.

In an article written for the Calgary Police Association's (CPA) fall edition of 10-4 magazine, Grabowski explains that when looking at the internal numbers they paint a picture of frontline officers taking on considerably more investigations than the Central General Investigations Unit detectives.

"I realize that to those not directly involved with conducting investigations while on patrol my frustration is hard to understand and may come off as me merely trying to pass off work," he wrote.

But, CPS said the numbers presented by Grabowski don't show what's really going on.

"The types of investigations that are conducted by our general investigation detectives typically are very time consuming and different," said CPS Insp. Mike Bossley.

"When you look at the numbers that are reflected in the article, what you end up seeing there is a limited view of what the detectives are actually doing,

Sometimes the numbers don't really speak to the situation.

Insp. Mike Bossley

when you look at mentorship and other things."

Bossley said the service is focused on improving investigative capacity with frontline officers, and said the numbers reflect that — many officers are taking on more cases for the opportunity to be mentored by CGIU detectives.

"You'll have an officer on the street who's very keen on conducting an investigation and is looking for assistance or advice on how they could do that," he said. "That's a piece that's not really captured in the article, where you have a detective potentially helping an officer with those files."

Bossley said CGIU detectives take on varying, but complicated, investigations, including everything from abductions to homicides.

"Their priority would be what is considered to be more time consuming investigations, that frontline officers just typically don't have the time to try and do," he said. "It's the ability to support the frontline officers by taking those kinds of investigations from them, or working with them to support and mentor them."

Furthermore, Bossley said the numbers Grabowski pulled from his district for both detectives and officers only reflect the work in that district. He said CGIU detectives often have investigations going in many districts at one time.

"Those detectives when they work and are on call are actually getting calls in the entire city," he said. "Sometimes the numbers don't really speak to the situation."

Sgt. Clint Grabowski's view from patrol

To illustrate his point, the District 4 sergeant selected a six-month period and used police technology to identify all members who worked in the CGIU attached to his district during that time, and compared with district frontline officers.

Grabowski found that between Dec. 2016 and May 2016, detectives in the district from CGIS averaged seven investigations (with a low of 1 and high of 16), and his team averaged 46 investigations (with a low of 17 and high of 64.)

"Historically GIS Detectives have been tasked with the more in-depth investigations but as I looked through the data that clearly isn't happening anymore," he wrote.

"Both groups dealt with many of the same types of assaults,

robberies, frauds and thefts. For both groups the investigative standards are the same ... The only difference is that the patrol officers have to do all the above in addition to their other duties. And, they are slowly getting buried." LUCIE EDWARDSON/METRO

Alberta gains five judges, targets delays

JUSTICE SYSTEM

Province takes measures to fill vacancies

Alberta gained a measure of relief Thursday as it battles a shortage of judges that threatens to toss more criminal cases out of court.

But Justice Minister Kathleen Ganley says the judge shortage

still exists and the province will take measures to ensure violent cases aren't tossed out because of delays.

Ganley was informed by reporters of the five new appointments while she was holding a news conference to announce new case management measures.

There had been eight vacancies before, and on Thursday Ganley announced she and Ottawa were working together to create another 10 vacancies to

be filled to bring Alberta closer in line with other provinces in terms of judges per capita.

With the addition of the new vacancies and Ottawa's announcement of five new appointments, the net result is 13 remaining vacancies.

The province appoints the lower court judges in Alberta but the federal government appoints the judges at the Court of Queen's Bench and the Court of Appeal.

Alberta has been struggling for a long time with a shortage of judges in its superior courts and has had the fewest per capita in Canada.

That shortage has now started to domino into dangerous consequences given July's Supreme Court decision — known as the Jordan framework — that places hard timelines on what can be considered an unreasonable delay bringing an accused to trial.

The ruling dictates an

18-month deadline to bring provincial matters to trial and 30-month deadline for superior court cases unless it can be proven the delay was the result of case complexity or unavoidable circumstances.

Ganley says her department will work with prosecutors and police to ensure serious cases are heard faster, with other cases moved to dispute resolution or resolved by other means if necessary. The province is also adding

another \$9.4 million to Legal Aid Alberta, helping those who can't afford legal representation, bringing the total funding this year to almost \$78 million.

The lawyers appointed Thursday are James Eamon and Jolaine Antonio from Calgary, and Bonnie Bokenfohr, Kevin Feehan and George Fraser from Edmonton.

In addition two of the current Queen's Bench judges will be elevated to the Court of Appeal.

THE CANADIAN PRESS



Facilities are going greener to free up funds for patient care.
KEVIN TUONG/FOR METRO

HEALTH SERVICES

Hospitals go green to offset carbon tax



Jeremy Simes
Metro | Edmonton

Alberta Health Services is greening its health facilities to offset more than \$8 million it foresees having to spend on extra natural gas costs to heat hospitals.

On Thursday, AHS Capital Management Chief Program Officer Brian Stevenson told Metro the Alberta government's carbon levy will increase the organization's natural gas costs by \$8.2 million annually in the 2018-19 fiscal year.

Costs will increase by \$1.3 million in the 2016-17 fiscal year and by \$6.4 million in 2018-19, he added.

Stevenson said AHS is exploring ways it can partially cover the additional costs by going green.

He said efficiencies in AHS's capital management operations include green projects, like re-commissioning buildings, LED lighting upgrades and equipment and system renovations.

The upgrades "help us to redirect hundreds of thousands of dollars a year back into patient care."

Other projects include the fine-tuning, cleaning or re-

placing of parts on a variety of mechanical and electrical systems, he added.

Stevenson said those projects helped AHS save more than \$300,000 in energy costs last year.

"Those savings are expected to increase into the millions annually in the coming years, as more energy-saving projects AHS is currently investing in begin to produce results."

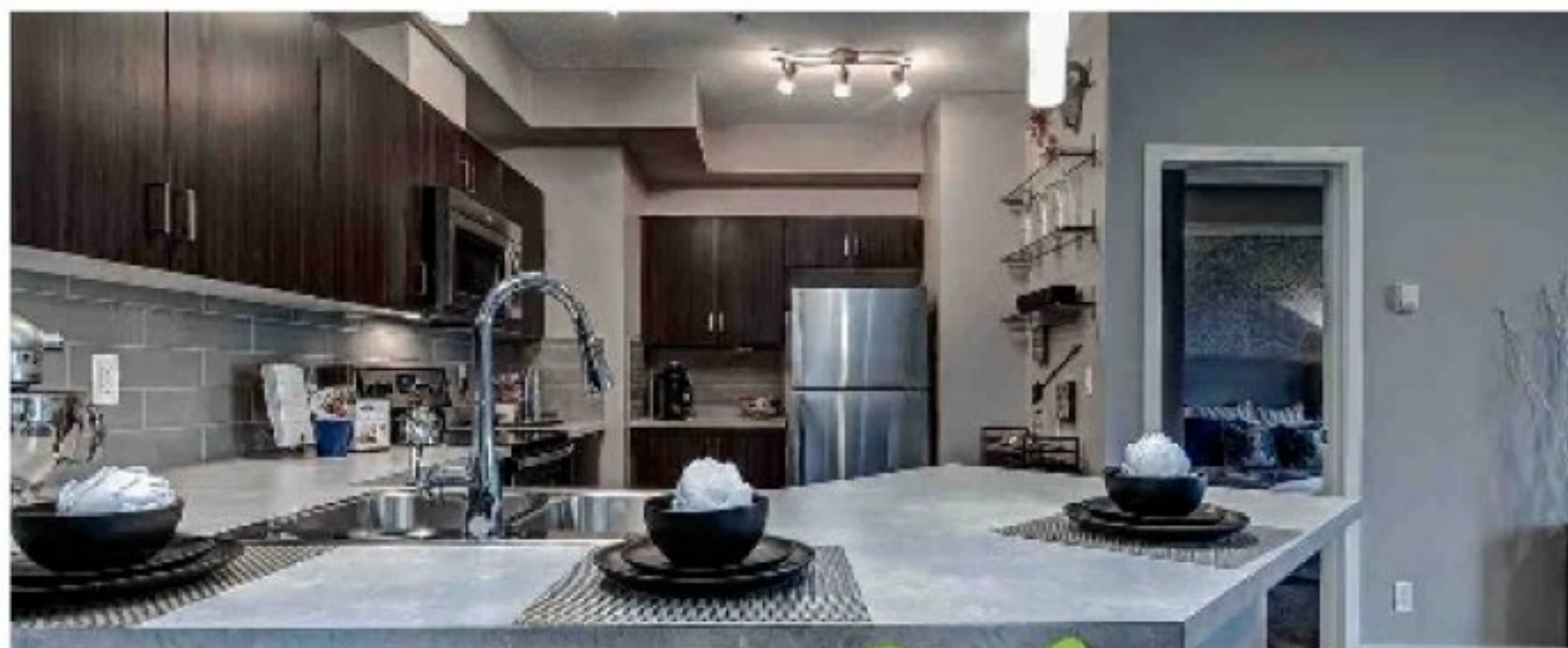
In an email, Ministry of Environment spokesman Kyle Ferguson said more opportunities to reduce consumption may be available for AHS members.

The government's carbon tax comes into effect on January 1 with a rate of \$20 per tonne. In 2018, the rate will be \$30 per tonne.

Alberta estimates it'll cost singles and couples an extra \$191 and \$259, respectively, come January.

There are also rebates for low- and middle-income singles and families.

Stevenson noted the additional expenses for natural gas costs represent a fraction of AHS's annual \$93 million utility budget. He said the additional expenses will be factored into its yearly utility costs and budget submissions to the government.



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Annual report in graphic detail

HULL SERVICES

Mental health group has artist illustrate what it does



Lucie Edwardson
Metro | Calgary

Every year Hull Services delivers their annual report, and this year they said out with the old and in with the new, commissioning a local artist to present their report in a graphic novel.

Hull Services offers integrated prevention, intervention and treatment programs providing behavioural and mental health treatment and support to thousands of Calgary youth and families each year.

This year they wanted weave what they say is an all-too-common narrative for children in our city in a way that was not only different, but also engaging and hopefully relatable for their youth clientele.

"We thought, 'Let's impact people,'" said Hull Services executive director George Ghitan.



Designer Samantha Rogan wanted the character, Callie, in the graphic novel to be relatable to today's youth, but also to show that there was something more going on with her inside.

JENNIFER FRIESEN/FOR METRO

"People don't really understand the emotional story of these kids, and we thought this was a good way to show them a piece of that."

Hull approached local artist and Alberta College of Art and Design student Samantha Rogan, who said she took the job of telling Hull's story very

seriously.

"I know about their reputation in the community and how much they do for the people who they work with," she said.



People don't really understand the emotional story of these kids, and we thought this was a good way to show them a piece of that.

George Ghitan

"I think communicating that relatability, for what those kids might be going through, in the comic was my main priority."

The graphic novel tells the story of a 15-year-old girl named Callie who experienced serious emotional trauma due to the premature death of her father, is planning to commit suicide and is keeping the secret of her sexual assault from her mother.

Ghitan said the feedback he's received from those who have read the report was positive.

"A lot of people have told me they really enjoyed this, they read the whole thing and they got an interesting understanding of what these children go through and their reactions to what happened to them," he said.

Rogan said she wanted the comic's main character to be someone relatable to the youth at Hull.

"We wanted her to look like

a regular girl you see everyday, but also hint at the fact that there are other things going on with her below the surface," she said. "I thought back to my high-school days of course and the people I knew then."

Further to the graphic novel, Callie's Story, Hull's annual report also included their financial position, indicating their excess revenues over expenses were \$467,352, putting them \$189,656 above last year.

Ghitan said although they have loyal donors throughout the community, and despite some government funding, money is always needed at Hull.

"If you had one in five people suffering from a physical disease the way one in five people struggle with mental illness it would be considered an epidemic, and you would fund it that way," he said. "We need to look at this in the same way. We're in a crisis."

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Benoit St. Pierre saved the lives of two skiers after an avalanche. The Calgary Fire Department honoured his action on Thursday with a certificate of commendation. JOSIE LUKEY/FOR METRO

Local heroes recognized

EMERGENCY RESPONSE

Calgary Fire Department awards bravery of 27 citizens



Josie Lukey
For Metro | Calgary

Benoit St. Pierre and his wife, Sara, were out back country skiing with a group of friends when they heard an avalanche make its way down Hero's Knob in Kananaskis Country.

After seeing a group of skiers make their way down the mountain earlier, St. Pierre jumped into action saving

Thursday with a certificate of commendation.

Celebrating 27 Calgarians for their bravery and decisive actions, recipients were awarded with medals or certificates of appreciation, recognition, and of course commendation. Recipients are nominated by citizens and members of the CFD for their contributions in incidents.

"Every year we get to do this to recognize members of the public and some of our own people off duty, who come across events before responders arrive and make a huge difference. The reality is, sometimes we're going to take a few minutes to get there," said Fire Chief Steve Dongworth.

Other Calgarians who were

"Every year we get to do this to recognize members of the public and some of our own off duty."
Steve Dongworth, Fire Chief

the lives of two skiers.

"For me the biggest fear was not being fast enough. I wanted to go faster but being limited by your own capacity and I'm glad we were in good shape because that's what made the outcome," he said.

St. Pierre was honoured by the Calgary Fire Department's Recognition awards

recognized by the CFD include Anitha Alias, who was honoured with the recognition certificate after administering CPR when a passenger collapsed on public transit, and Taylor Tymensen and Leif Vanden Berg who performed first aid on an unconscious biker in Fish Creek Park until emergency services arrived.

COMMUNICATION

Oil and gas needs more storytellers: Advocate



Aaron Chatha
Metro | Calgary

What the oil industry needs to change its image are better storytellers.

Bill Whitelaw, President & CEO at JuneWarren-Nickle's Energy Group, is advocating for a better dialogue about energy.

"We're an industry with

great stories and a poor record of storytelling in a way that helps the average Canadian understand the importance of a robust fossil fuel sector," Whitelaw explained.

As an example, he pointed to Cenovus, an oil and gas giant, who have in place a caribou habitat remediation program. He said their investments help build habitats that are better for caribou than what Mother Nature had in the first place.

"This isn't about convincing Canadians to all say 'rah rah' for energy," said Whitelaw. "You need people to be skeptical, because that's what makes sectors better. But you need to have them to have the skepticism based on some idea of what they're talking about. I'm challenging the industry to be a better storyteller and Canadians to be more interested."

But, rather than have an engineer explaining caribou biology 101, Whitelaw is ad-

vocating for new executive CSO positions: Chief Storytelling Officer.

By having positions focused on this, Whitelaw feels Canadians can become more energy literate and companies can build more trust with the public.

It can also help the public come to terms with important conversations that the country needs to have, like their carbon strategy, taxes and innovation in the sector.

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Arts and culture lands a new space

WEST VILLAGE

Planetarium is future home of Contemporary Calgary



Mathew Silver
For Metro | Calgary

Contemporary Calgary is looking to transform the iconic Centennial Planetarium from a dilapidated science centre to the epicentre of Calgary arts and culture.

With 45,000 square feet of space, the future home of Contemporary Calgary could attract high-profile artists and provide the city with a significant cultural destination.

Pierre Arpin, director and CEO of Contemporary Calgary, said the project could help revitalize the West Village.

"I believe that galleries are great social places for gather-

ing and storytelling. If it's well managed and it has great programs it becomes a destination. That's the type of buzz you want to create around the space in these economies," said Arpin.

After spending the last seven years in Australia heading some of its most prominent art institutions, Arpin said the planetarium's architecture and volume of space offer a unique opportunity for artists.

Take the old IMAX Dome for instance. Once a catalyst for childhood wonderment, the room now provides a gener-

ous vertical workspace for art installations and a globe-like canvas that could provide the backdrop for a projector.

Then there's the original auditorium, which could be reconfigured for concerts and lectures; along with the spiralling concrete staircase in the main concourse, which will provide the landscape for the LOOK2016 fundraiser.

It all amounts to an exciting future for Calgary's contemporary and modern art scene, which Arpin said is just beginning to grow.

"Calgary is a very young city in the Canadian landscape," he said. "It's a great scene. Let's focus on the building and develop a new vision."

Lisa Baldiserra, senior curator for Contemporary Calgary, said that the new building should challenge artists to stretch their idea of what's possible.

"It's an incredible opportunity to have this exceptional space unlike anywhere else in Canada," said Baldiserra. "It provides a completely unique way to look at contemporary art."

BY THE NUMBERS THE CENTENNIAL PLANETARIUM

1967

The Centennial Planetarium opened in 1967 as part of Canada's centennial celebration. The building was home for Calgary's science centre until 2011.

\$24.5M

Contemporary Calgary is expected to settle in the planetarium by spring 2018, after the city committed \$24.5 million toward the project over three years.

45,000

The current home of Contemporary Calgary on Stephen Avenue is 7,000 sq. feet, which is much more limiting than the 45,000 sq. feet of space that the Centennial Planetarium will provide.



Pierre Arpin, director and CEO of Contemporary Calgary, is pictured standing at the bottom of the planetarium's spiralling staircase. He envisions a bright future for art in Calgary. ALL PHOTOS: JENNIFER FRIESEN/FOR METRO



Dru Marshall has been working towards a University of Calgary indigenous strategy. HELEN PIKE/METRO

Strategy prompts changes on campus

UNIVERSITY OF CALGARY

Indigenous planning called 'the first of its kind'



Helen Pike
Metro | Calgary

The University of Calgary started working towards an indigenous strategy in March 2016 and the process should wrap up in June 2017 with a formal launch after various levels of university governance have approved it.

But it's still early days.

Student Union reps are still choosing which of the working groups they will be a part of — meetings haven't really started yet.

"This is not a strategy we want to do quick, it's a strategy we want to do right," said Dru Marshall. "It's going to take us time to ensure we talk to

the appropriate communities."

Marshall added that post-secondary education showed a key role in the truth and reconciliation process, which makes it important for them to look at moral and ethical obligations.

The strategy is being described as "first of its kind" and although here in Calgary, Mount Royal University launched their strategic plan for 2015 to 2020, Marshall noted the U of C approach will stand above and beyond what's already in place.

She said their working groups have two sets of co-chairs, one from the school's side and another serving as an aboriginal chair.

And not all is being left until the strategy's launch. Marshall said the school has made an effort to consistently recognize the land they are on — Treaty 7 land — which she adds is an especially hefty responsibility.

"We live in the third most diverse city in Canada right now, and it's important for

us to have this cultural understanding of difference and how people respond to one another and different expectations people might have," said Marshall. "In addition to recognition of land, cultural celebrations and ceremonies that are attached to this are going to be very important."

An example Marshall gave was making sure campus has space to do ceremonial smudges, which requires better ventilation.

Patrick Mia, vice president of student life for the SU, said it's refreshing to see this attention of detail from administration.

"It's helping to increase the overall accessibility to post-secondary education," Mia said. "It increases inclusiveness on campus, and that's one of the SU's mission and values — this strategy is a really good thing."

Marshall said the strategy will have benchmarks, and check-ins in place to see if what they've set forward to do is working, but it's too early to say what that will look like.

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Cassandra Paige Johnston's pitch, *Inconvenient*, explores the struggle of self identity. COURTESY CASSANDRA PAIGE JOHNSTON

Female-led films win big with Storyhive

SCENE YYC

Short film pitch contest produces 10 local winners



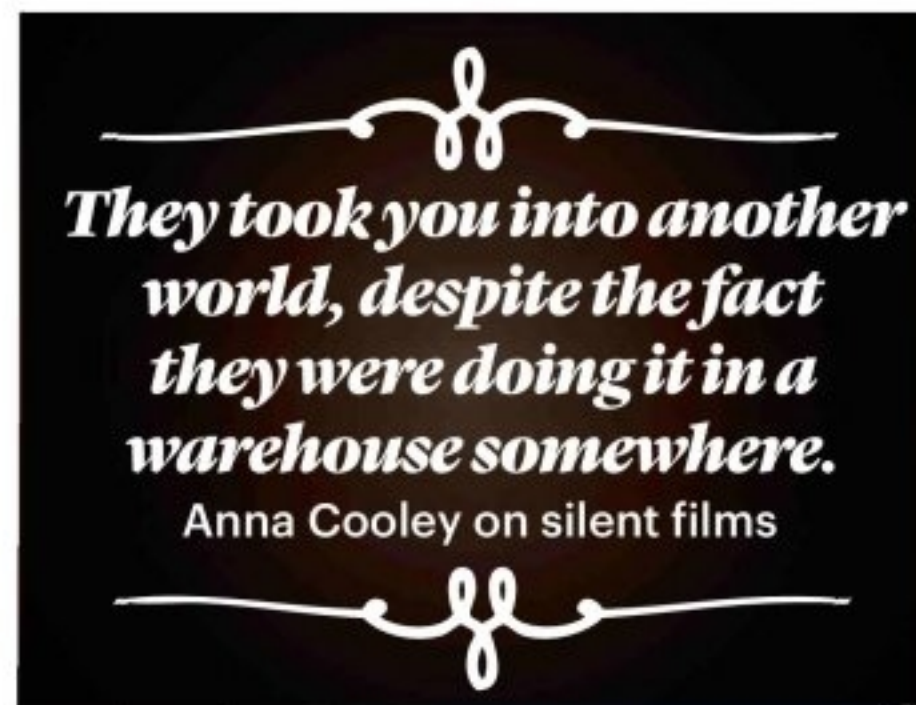
Aaron Chatha
Metro | Calgary

Silent film and self identity led the wave of all female-directed Storyhive short film pitches — the winners of which get \$10,000 to turn their concepts into a reality.

The directors, from B.C. and Alberta, put up a one-minute concept video for fans to vote on, and of the 30 selections, 10 were from Calgary.

Anna Cooley stripped the colour and the dialogue down for her pitch, *Sleepwalker*, taking inspiration from 1920s existential silent films, such as *Metropolis*.

"They took you into another world, despite the fact



they were doing it in a warehouse somewhere," she said.

The film is a contemporary take on *Sleeping Beauty*, with the main character Lily fighting for control of her demons in order to save her lover from an eternal slumber.

It's a tight timeline for finalists to get things done. Winners are expected to submit

final projects by Jan. 16, and Cooley doesn't start filming until December. But she's already taking advantage of the Storyhive mentorship that comes with the win, and is prepared for a quick turnaround.

On the other side of the spectrum (the colour and sound spectrum to be exact),

Cassandra Paige Johnston has been funded to shoot her short *Inconvenient*. Taking place at a convenience store (get it?), a young woman is overwhelmed by intrusive thoughts of self-worth and identity.

"I think it's something I often struggle with, like, 'Who am I? What's the point?' Johnston laughed. "Instead of letting it drive you insane, it's better to chill and let it flow through you."

"Pretty much advice I'm trying to give myself, but hopefully other people will find it useful."

Johnston's biggest hurdle now will be finding a convenience store to film in, but said it's incredibly rewarding getting the funding; it's a sign that directing can be a financially viable career for her.

All the winning films will be distributed on Telus Optik, and two digital shorts will be chosen to receive a further \$50,000 grant after all the submissions have been submitted.

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WEEKEND EVENTS

Friday — Danny Bhoy

The Scottish comedian brings his new show — Commonwealth Comedian — to Calgary's Jack Singer Concert Hall. The Gemini-nominated performer makes regular appearances at Montreal's Just For Laughs Festival and Live at the Apollo. With a natural talent for storytelling, he has become a critically acclaimed standup.

For more information, visit www.artsccommons.ca.

Saturday — Seven Gala

Supporting the Alberta Children's Hospital, the Seven Gala is now in its third year. The fundraiser will be inspired by the Diwali celebration of lights, including traditional card or dice games and a ballroom brought to life with South Asian music and talent — including a performance by Raghav.

For more information, visit www.childrenshospital.ab.ca.

Saturday — Improv Film Noir

The Kinkonauts get down and dark with an evening of private eyes and femme fatales. Inspired by classic noir films, they're taking genre conceits and turning them on their head for laughs as the narrative unfolds from the audience suggestions. Expect mystery, violence and lots of rain.

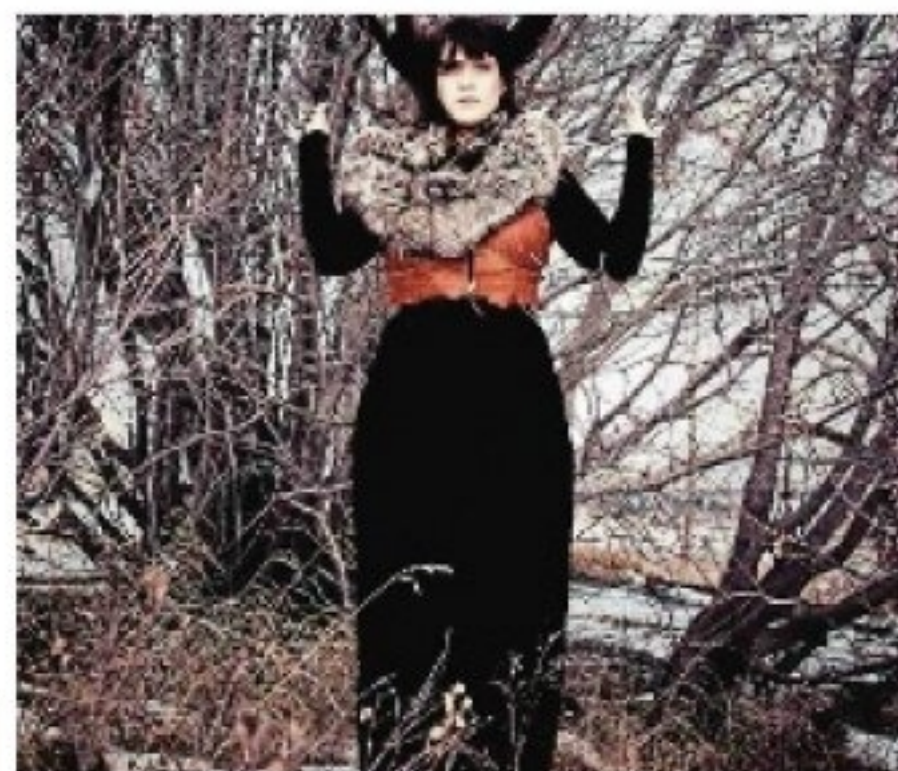
For more information, visit www.kinkonauts.com

Sunday — Hannibal Buress

The Emmy and Writers Guild of America award-winning comedian brings his act to Calgary's Mac Hall. Seen in comedies like *Neighbors*, and the Netflix documentary *Hannibal Takes Edinburgh*, Buress has also lent his voice talents to *The Secret Life of Pets* and *Angry Birds*.

For more information, visit www.hahaha.com

AARON CHATHA/METRO



Jennifer Crighton is Hermitess, a solo project she said sounds a lot like medieval witch music. COURTESY JENNIFER ALLYSON

Hermitess emerges at festival

JENNIFER CRIGHTON

Musician will debut her new solo project at FemmeWave



Aaron Chatha
Metro | Calgary

Songwriter and harpist Jennifer Crighton is getting her strings in order for FemmeWave 2016, where she'll take the stage under her moniker Hermitess.

FemmeWave runs from Nov. 17 to 20.

Q: Why is FemmeWave an important festival?

A: For many reasons. It's been kind of a tumultuous time for the music industry, especially in the news, and in Calgary there's a lot more awareness about the need to make sure women are included in things. It would be nice if that wasn't something we needed to make a whole festival about, but in a lot of ways it helps to have an environment where that's the specific aim of the festival.

As a performer, a lot of time if you're a musician and you're a woman and you perform in a band with men, it's assumed the men are kind of enabling you. So, it's nice to have the focus on the women in the project.

Q: How would you describe the sound of Hermitess?

A: Kind of like medieval witch

music. Haha. I play an electric harp and I usually perform with a rotating cast of characters, so it sort of ends up being more like chamber music. I made a specific choice — I played in a lot of more traditional bands and I wanted to do something closer to the music I played growing up. I played the harp since I was 10 years old.

So, I kind of went back to what felt not like rock band music, but still contemporary. There's still elements of pop music in there but I just wanted to make an aesthetic choice that wasn't even in that drum, bass, guitar zone.

It's an experiment, I'm not sure if it will stay this format or if it will transform again. I like that fact that it's a project where I can invite different collaborators.

Q: What role does feminism have in your life?

A: Well, I'm a dyed in the wool bohemian.

I sort of grew up with artists and people around, so I've always had progressive views. As I moved out of that environment and into the real world, I have experienced how hard it is to be a female, professional artist and the barriers I've personally faced have informed my music.

This album in particular, and even the title of my band, is based on this need to be — there's a precedent where if you don't do it yourself, you don't get the credit for it. Which is horrible, I love collaborating with people, but I think having a group of supportive women around me ... is very exciting.

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24 hours of gaming later

CHARITY Marathon raises money for children's hospital

Aaron Chatha
Metro | Calgary

Kicking off a 24-hour charity gaming marathon with a horror game is a bad move.

It's Lexi Wolkowski's fifth year participating, and she's learned a thing or two about surviving the Extra Life gaming marathon. The idea is on Nov. 5, gamers in North America fire up the consoles and game for 24 hours, having raised funds for their local Children's Miracle Network hospital (In Calgary, that'd be the Alberta Children's Hospital).

Wolkowski's recalls the year she launched the marathon (which is often live-streamed online) with a horror game, because it would get her heart pumping.

The trouble is, 18 hours later her heart was still pumping, her body was shaking with

fear and it was really tough to keep going.

"That was way too intense!" she laughed.

The most consistently grueling part of the marathon however, horror game or not, is the final four hours.

Her eyes are dry and the Visine is running low.

Her nose is runny because her body is tired.

The hand cramps, the thumbs hurt — and once her fingertip went numb for two weeks.

The pizza and chips sounded great earlier, but now the stomach is unsettled; her back aches and cracks with stiffness and her head swims in exhaustion.

"And you don't really want to play games anymore. It's not fun," she said. "It's normally quite gruelling, and you see people pulling out the Mario Karts or games where you don't really have to try."

This year the marathon will actually be 25 hours, because

of the daylight savings time change.

And what does it get her? Well, Wolkowski and Southern Alberta gamers managed to raise \$194,000 last year, doubling the previous year.

She's hoping to not only get more donors, but more participants in the marathon this year. After all, the average donation is about \$20, but the average gamer raises about \$200.

For anyone interested in learning a bit more or just playing some games, Wolkowski and the Extra Life Calgary Guild will be having a pre-game day event at Toolshed Brewery on Oct. 22 at 5 p.m.

Visit www.extra-life.org to donate to Wolkowski or other gamers, and watch her live on game day at www.twitch.tv/lexifatale.

She's not sure what games she'll be playing yet, but she's reconsidering her stance on horror games.

+ OTHER GAMERS

Video games not your jam?

For those gamers who prefer a pair of dice to a pair of joysticks, PiPs Board Game Café in Inglewood is staying open for 24 hours to raise donations for Extra Life.

There will be games, prizes and a solid stash of coffee to help participants stay awake.

Having participated before, the owners say it's a personal cause to them.

"We're family oriented: I've got a two-year old daughter, our partners have two girls as well. You never know when we or any of our friends might need it," said co-owner Yvonne Ashbee.

There will be plenty of short, fun games — including a few to get people up and moving — but there will be plenty of long campaigns of Risk and other challenges. In store and online, PiPs is collecting donations for Extra Life.

Visit www.pipscafe.com for more information.

You see people pulling out the Mario Karts or games where you don't really have to try.

Lexi Wolkowski

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Wolverine claws in customers

POP CULTURE

Comic retailers expect Albertan hero to cause sales spike



Aaron Chatha
Metro | Calgary

Wolverine's always been good at what he does, even if what he does isn't very nice — but for comic book retailers, Logan's success should also translate into a very nice success for them.

Among comic book readers, it's no secret that Wolverine was born in Alberta (as James Howlett in Cold Lake, specifically), and with the positive reception to the first Logan movie trailer released on Thursday, local comic book stores are expecting a surge in Wolverine-related book sales over the next few months.

Calgary's Redd Skull and Edmonton's Wizard Comics are specifically ready to see copies run out of the Old Man Logan



Trevor Gieske at Phoenix Comics has been familiarizing himself with the different Old Man Logan comic books, as more people are coming in asking about them. JENNIFER FRIESEN/FOR METRO

series, which the movie is partially based on. Like the movie, it stars an older Wolverine, covered in scars as his healing powers have slowed, leaving

him in a state of chronic pain.

Aside from a few members of Alpha Flight, Wolverine is one of the only superheroes to come out of the province,

earning him a special place in fan's hearts.

In 2014, Edmontonians mounted an (unsuccessful) petition to have a Wolverine

statue erected at city hall.

"He's definitely a character at convention people will point out and say, 'ha, we're Canadian, we own Logan,'" said

Will Ross with Wizard Comics.

In the pages of an X-Men First Class comic book, Wolverine actually ditches on baby-sitting younger X-Men characters in order to watch a Calgary Flames game. When killer robots are set loose in the X-Mansion, Wolverine actually takes them out while wearing a Flames jersey, before returning to the game.

"I'd never heard of this book until someone came in looking for it, but that's proof that Wolverine is a Flames fan," laughed Trevor Gieske with Phoenix Comics Inglewood.

Unfortunately, it looks like Wolverine's heritage isn't really exciting to anyone outside of Alberta.

"I think more Canadians know it than Americans," said Kelly Dowd with Redd Skull.

Gieske doubts we'll see a mention of his home province in the movie (unlike Deadpool who name-drops hometown Regina), because his stories aren't really tied to his birth province.

But while the outside world may not care, at home, Logan fans at home are definitely celebrating.

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HEALTH

Those impacted by mental illness share their stories



Josie Lukey
For Metro | Calgary

Joy Pavelich stopped, taking a moment to remember what it was like having a son with depression.

"He became really withdrawn, and I think I confused a lot of it with just normal teenage growing pains. As a parent, I really didn't understand what was going on," said Pavelich.

Her son Eric made his first suicide attempt when he was 14, and took his own life at 20.

For Pavelich, she felt helpless as a bystander and parent who wanted to protect her child and give him all the support he needed.

But not knowing how to find support, and exactly the kind of support for Eric devastated Pavelich to the point where she blames herself for what happened.

"You're really trying to save your child's life and that first



Joy Pavelich, left, and Carla Bisharat hold a picture of brothers Eric and Connor. JOSIE LUKEY/FOR METRO

suicide attempt really underscored how fragile that was," said Pavelich.

And she isn't the only one who felt helpless.

Carla Bisharat taught Eric's little brother, Connor, and said she could tell there was things going on that were hard for Connor to deal with.

"Sometimes I find it a little bit

scary actually dealing with (mental illness because sometimes you don't know," she said referring to how to handle students with mental illness.

"Knowing more would help us deal with it better."

Education about mental illness is what Pavelich has now dedicated her life too. As leader of community engagement of the

Canadian Mental Health Association, she said she's been able to paint a picture for others dealing with mental illness and to help people better understand the condition.

"A brain is like any part of the body, it can get sick, it's the most complex organ and we shouldn't be ashamed of any illness," she said.

This is what mental illness looks like

Metro asked individuals with different mental illnesses what they want people to know at Calgary's second annual Youth Mental Health Summit. **JOSIE LUKEY FOR METRO**



Rilee Many Bears Depression

Rilee Many Bears has his good and bad days; that's what living with depression is like.

"It's kind of a good and bad thing. The negative thing is your thoughts will always get you down in your lowest points in life in which you have no motivation to do anything and you always doubt yourself," he said.

But listening to stories of other people who have mental illness and hanging out with friends and family has helped Many Bears understand his condition so it doesn't take over his life.



Bryce Lokken Bipolar

When Bryce Lokken was in High School, he said there was so much stigma about mental illness, it was ignored. Which is why he wants to encourage kids to get help, learn, talk to their peers and notice signs of mental illness so that steps can be made in treatment. For Lokken, demystifying the stigma around mental illness is massive.

"It's not a death sentence. As long as they take the right steps and talk to people and seek help and put their mental health first then they can live a very healthy and fulfilling life and make it what they want."



Sheldon Kennedy Anxiety

For Sheldon Kennedy, when most people think about mental health they only focus on classification.

Whether it be anxiety, OCD, or depression, Kennedy said he wants people to understand the impact of whatever it is people suffer from and work at making people feel that they are not alone.

"I think of one of the biggest things is that it's invisible damage, people don't realize the real impact when we talk about mental health and that's one of our struggles."



Susie Forsyth Anorexia

With Susie Forsyth's guitar and impeccable voice, she hopes to bring attention to mental illness with her own brand of gritty, honest songs.

"It's not always just a body image issue, it's a multi-faceted problem that has a lot to do with other mental illness and addiction. It's not just people trying to be thin. It's anxiety, depression, compulsive behaviours and things all kind of coming to a head and then body image is just something else that's just kind of in the mix. It's not a vanity thing, it's more a health issue."

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ENDANGERED BIRDS

Zoo to open breeding facility for grouse

The Calgary Zoo says it has opened the first breeding facility in Canada for one of the country's most endangered birds.

The zoo says estimates put the number of greater sage grouse in Canada between 250 and 350, although some have put that number as low as 140.

The zoo has had a breeding program for two years and currently has 18 sage grouse.

The goal is to build a sustainable captive population



The endangered greater sage grouse. THE CANADIAN PRESS

that will one day bolster the birds in the wild.

The greater sage grouse in Canada is found only in south-eastern Alberta and southwestern Saskatchewan.

It is primarily threatened by habitat destruction and human development.

The 31,000-square-foot breeding centre will focus on all aspects of captive breeding and will offer sage brush and other native vegetation for the birds.

The facility will also have cameras to monitor the grouse

and provide space for research to improve approaches for incubation, survival and breeding.

"I see the greater sage grouse as an iconic part of our Canadian heritage, a key component of our prairie ecosystem," Axel Moehrensclager, the zoo's director of conservation and science, said in a release.

"Our new facility ... will help to build a strong, wild population for this species."

THE CANADIAN PRESS



Monique Sullivan, right, with Grand Prairie students she mentored last year through the Classroom Champions program. CONTRIBUTED

Olympian mentors classrooms

CHAMPIONS PROGRAM

Cyclist will help kids set goals, become leaders



Lucie Edwardson
Metro | Calgary

Six Calgary classrooms are getting a special kind of mentorship through their participation with the Classroom Champion's program, pairing them with an Olympic or Paralympic athlete.

Calgary-born Rio Olympian and track cyclist, Monique Sullivan, will mentor four classrooms at Keeler Elementary in Forest Lawn, where she will talk about setting goals and being a leader.

"I am so excited to get started and to meet the students," said Sullivan. "The reason I joined Classroom Champions was to share some of my experience to help them achieve their goals, and have some fun along the way."

Sullivan has previously participated as a classroom champion, and the impact the students had on her was also evident, according to Steve Mesler, Olympic and World Champion bobsledder, and President and CEO of Classroom Champions.

He said the last class Sullivan mentored in Grand Prairie gifted her a teddy bear wearing a Classroom Champions T-shirt before she took off to compete around the world.

"They called it Sully and Monique brought this teddy bear across the world with her," he said. "She took pictures of the bear at the Olympics and tweeted them — because she knew those kids would see it."

Mesler said since starting Classroom Champions in 2009, more than 80 athletes have volunteered to mentor classes. And now the program has doubled its reach in Calgary.

He said they focus on schools in underserved communities to help them escape the cycle of poverty.

"These kids, the more adults you can put in their lives that can have a positive influence on them, the better," he said.

And Mesler said it also shows the kids that someone who is working towards something important cares about them just as much.

"These athletes volunteer to mentor them, they make videos for them every month and Skype with them all the time, so the kids recognize that they have this person that is doing something big and all of a sudden this person becomes famous in that class," he said. "All of a sudden a normal thing in their life is that an Olympian is teaching them how to set a goal or be a leader."

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Cyberbullying 'mutes' voices

60%

SAFETY

Harassment has effects beyond online



David P. Ball
Metro | Vancouver

A disturbing one-third of Canadians who use social media have been harassed or bullied online, according to a new poll — and for a quarter of them, the effects are being downloaded into their 'real lives.'

With just 11 per cent of the country not yet on Facebook, Twitter or other networks, an increasing number of people are finding themselves essentially silenced by the trolls, the Angus Reid Institute study found.

"It certainly mutes voices that might otherwise be heard," explained the non-profit polling organization's executive director, Shachi Kurl. "Six-in-ten people on social media say they're not going to share things, deleting a tweet, removing a picture, or deciding to not post something

because they want to avoid unwelcome responses."

The results of the survey of Canadians were even worse among LGBTQ social media users — 58 per cent of whom reported being harassed on the platforms — 38 per cent of visible minorities, and nearly half of users age 18 to 34.

"Only 10 to 11 percent of Canadians say they're not using social media at all," she said. But she emphasized that it's a myth that online bullying can be simply ignored by logging off.

"Of those who say they've been harassed on social media in some way, about one-in-four say it's actually followed them into their real lives," she said, adding the figures are higher

for women than men.

Among women on social media, the poll found 28 per cent said "their experiences with harassment on social have had an impact on their real lives," nine points more than for men.

The ways online harassment is impacting people offline include changing real-world habits after receiving threats (57 per cent), one-third who found it affected their relationships with family or friends, and nearly as many who "received unwelcome phone calls/messages/texts" (31 per cent).

More than one in ten victims on online harassment said they were followed or stalked "in person," while eight per cent said they had to change their place of work or school afterwards.

Of Canadians who use social media, 60 per cent have been harassed or bullied online, according to a new poll.

Trudeau reaffirms commitment to reforming voting system

Justin Trudeau says he remains "deeply committed" to reforming the voting system.

The prime minister reaffirmed his commitment Thursday, one day after he appeared to be preparing to renege on his promise that the 2015 federal election would be the last conducted under the first-past-the-post process.

"I think it's important that a country as forward thinking and constantly improving and evolving as Canada is alert to opportunities to improve our systems of governance and the way we pick our governments," Trudeau said.

"That's a commitment we made in our election that I



Justin Trudeau makes an announcement in Brampton, Ont., on Thursday. NATHAN DENETTE/THE CANADIAN PRESS

continue to be deeply committed to."

Trudeau's reassurance was in contrast to an interview published Wednesday, in which the prime minister said that any major reform to the voting sys-

tem will require "substantial" support. At the same time, he suggested that the public clamour for reform had subsided since the Liberals defeated Stephen Harper's Conservatives one year ago. THE CANADIAN PRESS

SYRIA

Canada blasts UN, Russia over continuing bloodshed

Canada and Russia traded barbs at the United Nations on Thursday as Foreign Affairs Minister Stéphane Dion led calls for an end to the bloody conflict in Syria.

The exchange came during a special session of the UN

General Assembly, organized by Canada and supported by more than 70 countries, in which Canada hoped to ratchet up pressure on Russia and Syrian President Bashar Assad to end the five-year-old war.

Dion blasted the Security Council's failure to end

the conflict before turning his sights towards Russia and Assad. The two have a responsibility to protect civilians, he warned, before calling them "belligerents" to the conflict. He also called for an immediate end to airstrikes in the city of Aleppo. THE CANADIAN PRESS

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Statue may lose head again

SUDBURY, ONT.

Terracotta replacement now changing shape in rain

There's a new head on the Baby Jesus statue in downtown Sudbury, Ont., but it may soon be lopped off.

The head's part of a Baby Jesus and Mary stone statue on the front lawn of the Ste. Anne des Pins church in the city's downtown.

Someone severed and stole the original stone head earlier this fall.

The terracotta replacement head has been turning heads, because it's an orangish hue on an otherwise white statue. Its spiky hair has moved at least one observer to say it looks more like Lisa Simpson of cartoon fame than the classic Baby Jesus.

Worse yet, it's changing shape in the rain and turning the rest of the statue an orangish hue.

"I have noticed that, with the rain, the clay is eroding,"



A statue of baby Jesus outside Ste. Anne des Pins parish in Sudbury, Ont., got a facelift after it was vandalized in northern Ontario — and the result is turning heads. GINO DONATO/THE CANADIAN PRESS

Father Gerard Lajeunesse said in an interview. "I may have to have it removed."

"Right now, it's staining the statue," Lajeunesse said.

The terracotta head is the work of local artist Heather

Wise, who told Lajeunesse she plans to replace it with a stone one eventually.

She volunteered to do the job for free, even though she has never sculpted in stone before and doesn't belong to the

parish, Lajeunesse said.

The plan was that the orange terracotta head would serve as a temporary replacement until she could do something in stone, Lajeunesse said.

"The initial plan was to paint

The initial plan was to paint it, but it was never dry enough, and we're starting into the rainy seasons,
Father Gerard Lajeunesse

it, but it was never dry enough, and we're starting into the rainy seasons," Lajeunesse said.

He said Wise did the work out of the goodness of her heart.

"She's not Catholic," Lajeunesse said. "She was upset with what was done."

The baby Jesus head had been knocked off before, but it could always be found nearby.

This time, it was taken away, Lajeunesse said.

There has also been paint thrown on the church and graffiti.

"It's not quite common, but it happens a few times a year," Lajeunesse said. "It's a shame. It's a nice oasis of greenery."

TORSTAR NEWS SERVICE

DEPORTATION

Woman pleads to stay

A young mother facing deportation to the U.K. after spending much of her life in Canada issued a plea to be allowed to stay in the country she considers home, a day before her strange saga goes before a hearing that may determine her fate.

Propped up in a hospital bed and groggy from pain medication, Floss Cramman said she is terrified of being forced to return to England, where she was born but left at the age of eight when her parents moved to Ontario. "If I leave here, I'm leaving my heart behind big time. This is my homeland."

The 33-year-old mother of four young daughters, who were all born in Ontario, only became aware that she was not a Canadian citizen following a recent drug conviction and incarceration. The Canada Border Services Agency looked into her status while she was in custody, discovering that her parents and several foster care families that took her in at the age of 11 failed to secure her Canadian citizenship. THE CANADIAN PRESS

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ENVIRONMENT

New climate measures to arrive in fall: Minister

The Liberal government's carbon levy won't be the only climate policy move announced this fall, says the federal environment minister.

Catherine McKenna says more federal measures will be rolled out before Prime Minister Justin Trudeau sits down with the premiers in Ottawa on Dec. 8 to hammer out a full pan-Canadian climate blueprint.

"The intention is to put some of our plans out through the fall in the lead-up to the first min-

isters' meeting," McKenna said Thursday following a speech to the Canadian Climate Forum conference.

"Whether it's through creating incentives for Canadians to have more energy-efficient homes or on the electric vehicle side, I think there's some real opportunities to not only tackle climate change but to grow our economy. So you have to stay tuned."

Trudeau upset some provinces early this month when he an-

nounced in the House of Commons that, for provinces that haven't already priced carbon, an escalating federal floor price would be imposed on emissions in 2018. The carbon tax will start at \$10 per tonne and rise \$10 annually to \$50 per tonne in 2023.

The provinces and territories have been negotiating climate measures with the federal government since last March, when they collectively agreed to work together to put the country on a path to meeting its 2030 inter-

national emissions targets.

Environment ministers from Nova Scotia, Saskatchewan and Newfoundland and Labrador walked out of a Montreal meeting with McKenna in protest following Trudeau's carbon pricing announcement earlier this month, accusing Ottawa of bigfooting the talks.

McKenna told the climate forum the carbon "levy," as she termed it, sends a strong and welcome signal of certainty to the markets. THE CANADIAN PRESS



The Leviathan II, a whale-watching boat owned by Jamie's Whaling Station that capsized while carrying 24 passengers and three crew members last October floats near Vargas Island as it waits to be towed into Tofino, B.C. THE CANADIAN PRESS FILE

Survivors scarred by boat tragedy

BRITISH COLUMBIA

Survivors, lost lives honoured in Tofino, B.C. next week

Entire communities have been honoured, individuals cited for heroism and boats blessed, but one year after the sinking of a whale-watching vessel off British Columbia that tossed 27 people into the churning Pacific, the wounds have barely started to heal.

Five Britons and one Australian died on Oct. 25, 2015, when the 20-metre Leviathan II capsized in waters near Tofino, about 320 kilometres northwest of Victoria.

The cause of the tragedy remains under investigation. The Transportation Safety Board of Canada is expected to release its report next year.

In the days immediately following the sinking, TSB investigators said most passengers and crew were on the top deck of the vessel's port side, when a wave hit the starboard side. The vessel tilted up, rolled and capsized, said the TSB.

Survivors described being thrown into the ocean without life jackets, grabbing hold of a single life ring that floated in the waves.

Others expressed their fear at being in the bottom of the sinking boat and thrown about like laundry in a washing machine.

Rescuers from the nearby First Nations village of Ahousaht raced to help in boats after seeing a single emergency flare.

Families of those who died say

the pain of their loss hasn't faded.

"I feel just as sad today as I did last year," said Michele Slater Brown of Milton, Ont., whose father Jack Slater, 76, a British national living in Toronto, died in the sinking. "This has affected me more than any other single event ever in my life."

Brown said she will not be in Tofino on Tuesday for a ceremony to honour the victims one year after the tragedy. Relatives and loved ones of the other victims are expected to attend the ceremony, which includes unveiling a plaque.

Prof. Tim Black, a post-traumatic stress disorder expert at the University of Victoria, said there are similarities between the Tofino tragedy and the 2013 train explosion that killed 47 people in Lac-Mégantic, Que. Lac-Mégantic, like Tofino, is a small town that suffered great loss and trauma and the emotional toll can be lasting, he said.

"People know each other," said Black. "People know the friend of the person who was driving the boat. With these close, personal relationships, it can affect a community for sure."

German brothers Christian and Dirk Barchfeld, survived the sinking, and cite PTSD in a class-action lawsuit filed in B.C. Supreme Court.

The lawsuit names the boat's operators, Jamie's Whaling Station; owner Jamie Bray and ship's captain Wayne Dolby, alleging negligence and personal, physical and psychological injuries.

The defendants in the civil response deny allegations of negligence and suggest any loss, injury or damage could be the result of an "act of God."

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From 'truthiness' to 'Trumpiness'

In today's world, facts seem to be anyone's game.

Between the American election, the Brexit referendum and the fissure in the Knowles-Carter household, it's hard to know what to believe anymore.

In the third and oh-God-when-will-this-end final debate, Donald Trump didn't seem to know the difference between late-term abortions and birth. "In the ninth month," he said, "you can take the baby and rip the baby out of the womb of the mother." According to him, this happens "as late as one or two or three or four days prior to birth."

Despite his five kids and a stated passion for female anatomy, Trump doesn't seem to be aware that he is describing the regular process of a C-section. Although he's proven he knows nothing about women's health, Trump feels like he can have an opinion



THE ASSOCIATED PRESS

on women's bodies.

On The Colbert Show, "truthiness" held that a fact was true if someone deeply believed it. Colbert recently updated it to "Trumpiness:" a fact is true if you hold it much deeper in your gastrointestinal system — somewhere not fit for broadcast.

Having waited for the computers to spontaneously combust at the millennium, we should have known that nothing and no one could be trusted as of day one of the year 2000. Especially not the machines.

Computers have sped the post-fact world into hyper-

drive with the availability of fast, small and easy-to-use phones and computers.

On the Internet, it's easy to silence disagreement and confirm your own biases.

It's a phenomenon that happens offline as well.

A 2008 Yale study, for example, asked participants about the safety of nanotechnology. When they had scant information, their opinions were all over the map. Yet, when given more information about nanotechnology's risks and benefits, participants "became highly divided" according to their existing ideological biases.

Online, however, it has become rapidly beneficial to assert opinion as fact.

Buzzfeed and the New York Times have reported on the rapid growth of hyperpartisan Facebook pages. Pages like Eagle Rising and Occupy

Democrats share memes and photos with stories that are often false or misleading. Millions of followers share the pages with friends and family. These pages might just disappear after the election. But, on the night of the third debate, Trump TV launched on Facebook to over 8 million views — and the fact-free life became just a little more permanent.

Partisanship at the expense of facts isn't just an American phenomenon. During Brexit, the Leave Campaign promised 350 million pounds a week for Britain's health system. After they won, they denied ever making the promise.

Where facts are anyone's game, we can't be far away from Donald Trump declaring war on Genovia, the fictional nation from The Princess Diaries.

Nasty women unite



Rebecca Chiu
Metro | Toronto

When Donald Trump blurted into his mic on Wednesday night, telling Hillary Clinton she was "such a nasty woman," he probably didn't anticipate the type of social media reaction that followed.

Soon after, the hashtags #ImANastyWoman and #NastyWoman spiked. Women were either talking about being "nasty" themselves, or using the topic to take down the Republican candidate on his other sexist comments.

The Clinton campaign grabbed hold of the opportunity, tweeting out a comparison between Trump's comment to the candidate's earlier statement that "nobody respects women more than me."

It seems one Clinton supporter even purchased the domain nastywomengetshitdone.com, directing it to the Democratic presidential candidate's campaign website.

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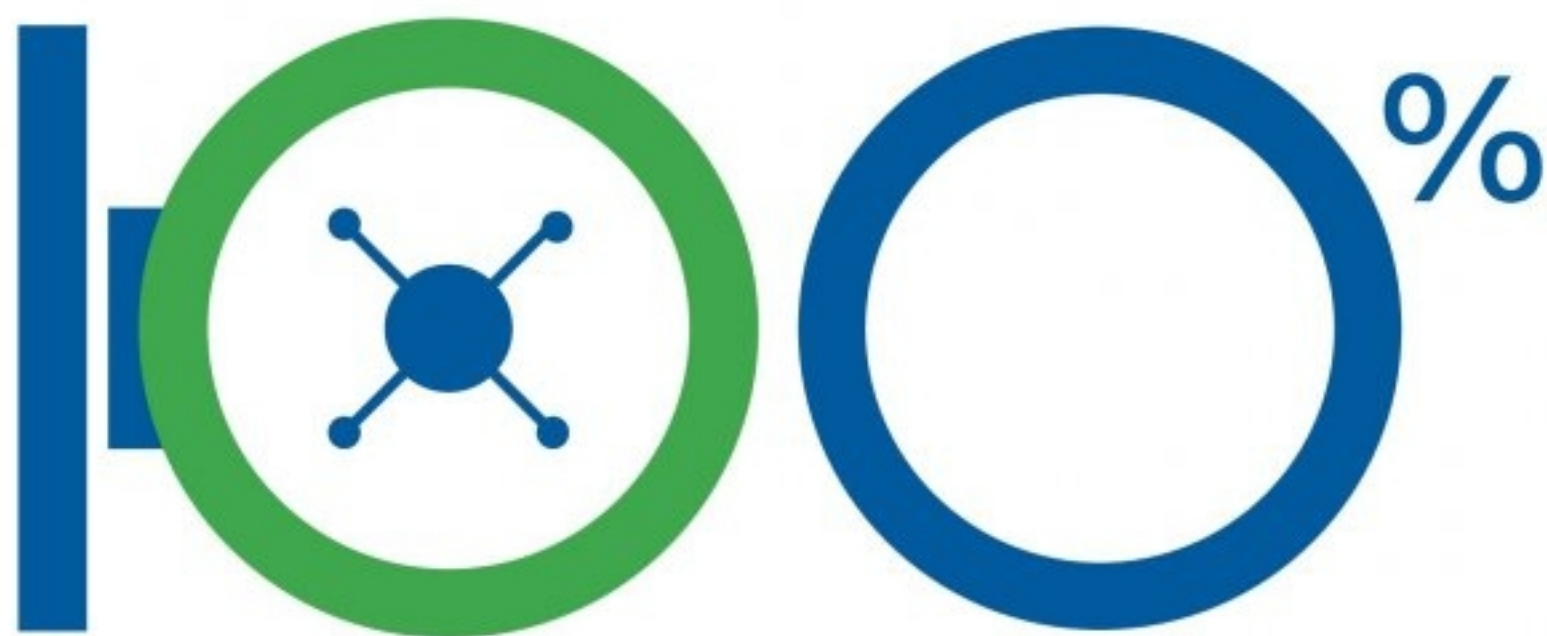
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HEALTH

Canadian doctor clarifies how abortions actually work



Genna Buck
Metro | Toronto

As she listened to Donald Trump describe Hillary Clinton's views on abortion as, "In the ninth month you can take the baby and rip the baby out of the womb of the mother just prior to the birth of the baby," at the U.S. presidential debate on Wednesday, Dr. Wendy Norman was disappointed, but not

surprised.

"The inaccuracies are glaring and obvious and they are akin to many inaccuracies we've heard from this particular candidate," said Norman, a family physician and chair of Family Planning Public Health Research at the University of British Columbia.

The terms "partial-birth abortion" and "late-term abortion," which the moderator used in his question, are not medically accurate, Norman

explained.

"The word 'term' refers to the time between 37 weeks and 42 weeks, when it's safe and normal for a baby to be born. There are no abortions happening then ... and abortions are not 'birth' processes," she said.

What pro-life advocates call "partial-birth abortion" is an intact dilation and extraction. It's used most often in second-trimester abortions (13-27 weeks of pregnancy)

when there's been a diagnosis of devastating or fatal birth defects and an autopsy is needed or parents want a body to grieve over.

The procedure is perfectly



These are necessary procedures.

Dr. Wendy Norman

legal in Canada, but banned in the U.S., with a few exceptions.

"These are necessary procedures," Norman said. "Women who are unfortunate enough to be faced with this decision at that point in their pregnancy usually have a number of calamities."

Rarely, the fetus is fine but the mother has faced "significant barriers to access care," like severe domestic violence, incest, or being so young that the pregnancy was diagnosed

late because the girl had "no idea what was happening," Norman said.

Canada has gotten better at providing access to abortions in the second trimester over the past decade, she added, but there's room to improve.

In contrast to the United States, "society in Canada has always supported the best health for women and families ... we base policy and the provision of care upon the best evidence."

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Donald Trump is facing heavy criticism for refusing to say he would accept the result of the election if Hillary Clinton wins. GETTY IMAGES

I'll accept results - if I win: Trump

U.S. ELECTION

Critics, including Republicans, pile on

Mocking his critics, Donald Trump pledged Thursday to fully accept the outcome of next month's presidential election — if he wins. The Republican said he reserved the right to contest questionable results, deepening his unsubstantiated assertions that the race against Hillary Clinton could be rigged against him.

Trump's comments came a day after his stunning refusal in the final presidential debate to say whether he would concede to Clinton if he loses. His resistance, threatening to undermine the essence of American democracy, was roundly rejected by fellow Republicans.

Arizona Sen. John McCain, the 2008 GOP nominee, called the peaceful transfer of power "the pride of our country."

"I didn't like the outcome of the 2008 election. But I had a duty to concede, and I did so

without reluctance," McCain said in a lengthy statement. "A concession isn't just an exercise in graciousness. It is an act of respect for the will of the American people, a respect that is every American leader's first responsibility."

With the presidential race slipping away from him, Trump has repeatedly raised the spectre of a rigged election, despite no evidence of widespread voter fraud heading toward Election Day or in previous presidential contests. His top advisers and running mate Mike Pence have tried to soften his comments, only to watch helplessly as he plunges ahead.

Asked in Wednesday's debate if he would accept the election results and concede to Clinton if he loses, Trump said: "I will tell you at the time. I will keep you in suspense."

Clinton slammed Trump's comments as "horrifying," and fellow Democrats piled on.

"That undermines our democracy," President Barack Obama said while campaigning for Clinton in Florida. "Our democracy depends on people knowing their vote matters."

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Battle for Mosul escalates

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IRAQ

Special forces join the fight as U.S. sees first campaign death

In a significant escalation of the battle for Mosul, elite Iraqi special forces joined the fight Thursday, unleashing a pre-dawn assault on a Daesh-held town east of the besieged city, and the U.S. military announced the first American combat death since the operation began.

U.S. officials said the American service member died Thursday from wounds sustained in a roadside bomb explosion north of Mosul. More than 100 U.S. special operations forces are embedded with Iraqi units in the offensive, and hundreds more are playing a support role in staging bases.

The American had been operating as an explosive ordnance disposal specialist in support of the Iraqi Kurdish force known as the peshmerga, the U.S. officials said, speaking on condi-



Iraqi army soldiers raise their weapons in celebration on the outskirts of Mosul, Iraq, on Thursday. THE ASSOCIATED PRESS

tion of anonymity because they were not authorized to publicly discuss details.

Roadside bombs and other improvised explosive devices pose a particular danger to advancing Iraqi forces and the U.S. advisers who are with them. The Daesh group, which has occupied Mosul for more than two years, has prepared extensive

defences in and around the city.

As they charged toward the town of Bartella, 15 kilometres from Mosul's outskirts, the Iraqi special forces faced another favoured weapon in the Daesh arsenal: armoured trucks packed with explosives and driven by suicide bombers. The militants' signature battlefield tactic, the weapons offered a glimpse at

what Iraqi forces can expect as they close in on the extremists' biggest urban bastion.

The pre-dawn assault on Bartella was part of a multi-pronged operation on eastern approaches to Mosul, Iraq's second-largest city. Attack helicopters strafed militant positions as they advanced amid a hail of gunfire.

The U.S.-trained special forces, officially known as the Counter Terrorism Service, are widely seen as Iraq's most professional and least sectarian fighters, and have served as the shock troops in previous campaigns against Daesh. They are expected to lead the charge into Mosul.

THE ASSOCIATED PRESS

The Russian military says that in the first day of the pause in fighting over the Syrian city of Aleppo, the corridors set up for civilians to escape the besieged city and for rebels to make safe passage came under consistent fire.

A statement late Thursday from the military's "reconciliation centre" in Syria gave few details of the shooting. But it said eight wounded rebels were able to safely leave the city.

The statement also said that fighters of the Ahrar al-Sham shot 14 local representatives in eastern Aleppo who had been urging civilians and rebels to leave the area.

Meanwhile, UN Secretary-General Ban Ki-moon says nearly 500 people have been killed and almost 2,000 wounded since the Syrian government launched its offensive on the eastern, rebel-held part of the city of Aleppo on Sept. 23.

Ban says the city's besieged district has seen "the most sustained and intensive aerial bombardment" since the conflict began.

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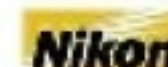
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Refugee camps 'appalling'

DOCTORS WITHOUT BORDERS

Group blasts European Union, Greece over relief effort

The international aid group Doctors Without Borders says refugees at camps in Greece are still living in mostly "appalling conditions" with poor access to health care and a lack of provisions to identify the most vulnerable.

In the highly critical report issued Thursday, the agency commonly known by its French name, Medecins sans Frontieres, argued that the European Union and Greece had "collectively failed to establish humane and dignified reception conditions."

More than 60,000 refugees and migrants — many escaping wars in Syria and Iraq — have been stranded in Greece following European border closures this year. Most still live in tents at about 50 refugee camps.

Around 14,000 of them are confined to islands in the eastern Aegean Sea where they are being processed for potential deportation to nearby Turkey.



Children among tents at Ritsona refugee camp north of Athens, on Wednesday. The international aid group Doctors Without Borders says refugees at camps in Greece are still living in mostly "appalling conditions" with poor access to health care and a lack of provisions to identify the most vulnerable. PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

"The leaders of Greece and the EU keep telling us this is a success, but it isn't. The reception system for refugees in Greece has failed," said Loic Jaeger, country mission head for MSF.

"There have been a few improvements but they are too little and too slow. How much

time should it take for the richest countries in the world to accommodate 40,000 people?"

At the garbage-strewn refugee camp of Ritsona, 85 kilometres north of Athens, children walk barefoot and families in tents used wooden pallets for flooring to stay above the mud and

try to stay warm.

"It's very bad. How can I explain: I mean very bad," Syrian refugee Yousef Hanash said. "Can you imagine living in a tent with six persons and if you have a newborn baby how the situation will be?"

MSF says people at risk includ-

How much time should it take for the richest countries in the world to accommodate 40,000 people?

Loic Jaeger

ed pregnant women and people with mobility problems, while it described conditions facing mental health patients as "dire."

"We are talking about torture victims, psychiatric patients, people who use wheelchairs, unaccompanied minors, pregnant women. They are not identified and helped," said Apostolos Veizis, head of MSF's medical operations in Greece.

"Women give birth and the next day they are sent back to camp to sleep in a tent filled with mud."

MSF is one of the most active agencies in Greece in dealing with the refugee crisis, with programs at more than a dozen sites and providing support at most others. THE ASSOCIATED PRESS

ORGANIZED CRIME

Mass raids nab 314 suspects

European Union police agency Europol says it has co-ordinated a week-long global operation targeting organized crime that has led to 314 arrests and the seizure of 2.4 tons of cocaine.

Europol announced Wednesday that the operation also intercepted 745 migrants and identified 529 victims of human trafficking.

Law enforcement teams in 52 countries, supported by organizations including Interpol and EU border agency Frontex, took part in the series of raids and investigations.

Europol Director Rob Wainwright has paid tribute to the operation, saying in a statement that "countries and organizations across the globe working together as one entity is the modern response to borderless serious and organized crime."

Among raids, Greek police discovered a fake travel agency that was facilitating migrant smuggling and trafficking in human beings.

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Tesla Motors CEO Elon Musk unveils the company's newest products. The company is building electric cars with all the sensors, cameras and other gear needed to drive completely on their own when regulations allow. THE ASSOCIATED PRESS

Self-driving car critics deadly: Tesla

TECHNOLOGY

CEO Musk says new autopilot vehicles will only save lives

Self-driving cars hold the promise of saving thousands of lives each year on U.S. roads. But does pointing out flaws with the technology effectively put people in danger?

That claim was put forth Wednesday by Tesla Motors CEO Elon Musk, who criticized the media for harping on the relatively few crashes involving Tesla's semi-autonomous driving system called Autopilot, while saying little about the about the 1.2 million people who die worldwide each year in human-driven vehicles.

"If, in writing some article that's negative, you effectively dissuade people from using autonomous vehicles, you're killing people," said Musk, who expects his self-driving technology to be at least twice as safe as cars driven by humans.

The comments came as Musk announced that all new Tesla vehicles — including the lower-cost Model 3 — will have the

hardware needed to drive themselves. The talk is bold but experts say it's premature until self-driving cars prove they're better drivers than humans under any circumstances.

"Over time, after the technology has established itself, one would expect there would be a decrease in fatalities," says Raj Rajkumar, a computer engineering professor at Carnegie Mellon University who leads its autonomous vehicle research. "But this is too premature to make this claim. Tesla's technology is known to be imperfect."

In May, an Ohio man using Autopilot died when his Tesla Model S failed to spot a tractor-trailer crossing a divided highway. Neither the car nor the driver braked, and the Model S crashed into the side of the trailer. Federal investigators are looking into Autopilot's role in the crash.

There is evidence, however, that one day Musk could be proven to be right. While currently there is little data showing that fully autonomous cars would reduce deaths, there are studies that show computer controls can cut fatalities.

THE ASSOCIATED PRESS

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Elon Musk

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38 Weekend, October 21-23, 2016

Business metro NEWS

Starbucks launches nitro brew

COFFEE

Guinness-like cold beverage will be sold in select locations

Ever wanted your coffee to look like a Guinness?

It's not quite beer for breakfast, but Starbucks actually does tap a keg to make its latest concoction, nitro cold brew, which the chain launched in Toronto's financial district Thursday.

Nitrogen — yes, the gas — is used to amp up the coffee behemoth's hot-selling cold brew, which is essentially coffee that is steeped rather than heated.

The nitro trend has really taken off this year, with independent coffee houses including Pilot Coffee Roasters, Station Cold Brew and Balzac's recently getting on board.

But Starbucks is the biggest chain so far to get in on the gas guzzling. The chain already has it in hundreds of U.S. stores and nitro will also be sold in select locations in Toronto, Ottawa and Vancouver by year's end, the company says.



It looks like a Guinness, but with no booze. Starbucks Canada is launching nitro cold brew coffee — basically cold brew with a shot of nitrogen. TORSTAR NEWS SERVICE

Starbucks uses a two-tap system: one for its regular Narino 70 Cold Brew and one for the nitro version. The kegs are right next to each other in the store, though one is infused with nitrogen as it cascades

out of the tap.

"It appears with the same kind of theatre and whimsy one experiences while watching a Guinness stout being poured," gushes coffeetalk.com.

The drink is served minus ice and unsweetened to highlight the flavour the cold brewing process brings out in the coffee.

October may seem like an odd time to pump out a new

cold bevvy, but Starbucks estimates that one in two beverages sold in Canada are cold year-round, and expects to more than double the size of its cold beverage business in within five years.

Starbucks Canada enjoyed a 30-per-cent jump in iced beverage sales over the last two years and the category represents one of the fastest growing areas of the business, the company says.

"Nothing will compare to the pace of flavour, craft and brewing innovation we will see in the next few years," said Starbucks Canada president Rossann Williams.

In fact cold drinks are the hottest thing out there now for the big players amid the oversaturated hot coffee market in Canada.

That cool shot of nitro doesn't come cheap of course. It's \$1.50 more than the tall and grande sizes of its signature cold brew.

The good news? Unlike Guinness or other sweet iced coffee concoctions, it's low-cal. A tall (12-ounce) serving has five calories and 0 grams of sugar.

TORSTAR NEWS SERVICE

LAW SUIT

Fakes on Amazon: Apple

Apple says it has been buying Apple chargers and cables labeled as genuine on Amazon.com and has found nearly 90 per cent of them to be counterfeit.

The revelation comes in a federal lawsuit filed by Apple against a New Jersey company on Monday over what Apple says are counterfeit products that were sold on Amazon.

In the lawsuit, Apple says Mobile Star imprinted Apple logos on cables and chargers that "pose a significant risk of overheating, fire, and electrical shock."

It says the chargers and cables were being sold on Amazon as genuine Apple products.

Apple says it purchased the products on Amazon and later told the online retailer that they were fake. Amazon then identified Mobile Star as the source.

Amazon isn't named in the suit. Mobile Star didn't return a voicemail seeking comment. THE ASSOCIATED PRESS

NOTICE OF HEARING FOR TEMPORARY GUARDIANSHIP ORDER TO: Treston Blackhorse

Take notice that on the **2nd day of November 2016 at 9:30 a.m., at Calgary Family Court, Courtroom # 1205, 601 - 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Temporary Guardianship Order** of your children born on **2010/01/29 and 2011/12/07**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

TELEVISION

Local news more important than profit, watchdog says

TV stations have a responsibility to produce local news, even if it hurts their bottom line, the head of the country's broadcast regulator told a Commons committee Thursday.

Financial profits aren't everything, said Jean Pierre Blais, chairman of the Canadian Radio-television and Telecommunications Commission. He lamented the "disturbing number of television stations" that have cut staff, central-

ized operations and reduced the length of their newscasts.

"We do not believe that local television news can be allowed to fall by the wayside simply because it doesn't look good on the balance sheet," Blais told the heritage committee, which is studying the future of local media.

"The marketplace of products, revenues and profits is not the only marketplace that counts," Blais said. "Far from it.

There is also the marketplace of ideas and information. That marketplace trades in a kind of wealth that supports every aspect of our Canadian society."

His comments came as news conglomerate Postmedia announced a plan to reduce its salary costs by 20 per cent through voluntary staff buy-outs — just the latest in a string of cuts being made across Canada's media landscape.

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DECODED by Genna Buck and Andrés Plana

YOUR FLU SHOT QUESTIONS, ANSWERED

We asked Metro readers what they want to know about the flu shot, and their reasons for not getting the jab. We put them to expert **Dr. Allison McGeer**. She says you shouldn't throw away your shot to fight flu.

“Why are scientists so bad at choosing the strain for the flu shot? Last year it was 45-50 per cent effective; in 2014-2015 just 23 per cent.” The World Health Organization chooses the strains. They're actually really good at it. It's just hard. Influenza viruses are changing all the time. It's how they escape our immune system. There are billions of influenza viruses, and WHO experts have to predict the one that's going to be the most common next year. 156 countries have a national lab that selects new and different viruses to send up to the WHO so they can test them and look at the direction viruses are going in. They're getting better. But it takes six months to make a flu vaccine.

“How fast do flu viruses change?” Depends on the strain. H1N1 doesn't change that much. But H3N2 can change a lot in a month. It doesn't always. But it changes enough that often, within a year, we give the virus a new name. And that's an indication that it's changed enough to pretty much infect everyone in the world again.

Got the flu?

Runny, stuffed-up nose, sore throat and a bad cough could be signs of influenza or a less dangerous virus like the common cold. These are telltale signs of flu:

- ☐ Sudden high fever (39-40 C or 102-104 F)
- ☐ Severe headache
- ☐ Severe body aches
- ☐ Extreme fatigue
- ☐ 7-10+ day recovery
- ☐ Sometimes nausea, vomiting and diarrhea (especially in children)

Source: Public Health Agency of Canada



Allison McGeer is head of infection control at Mt. Sinai hospital. She has been part of Canada's National Advisory Committee on Immunization and a consultant to the World Health Organization. TORSTAR NEWS SERVICE

“We just don't respect influenza”
Dr. Allison McGeer

“Does it matter when you get the shot? Early or close to flu season?” There's a lot of argument about that. If you're young and healthy, it probably doesn't matter. If you're older, it's probably better to get it a little closer to flu season. So I wouldn't get it in August, but the difference between October and November is probably not significant.

“I'm afraid the flu shot will weaken me for when the superbug wipes out mankind. I prefer to develop my own antibodies.” That's like saying “I want to swim across lake Ontario, and it's better if I don't practise.” A vaccine allows your immune system to train itself to fight a particular bug. Illness does give you immunity and protection going forward, but then again so does vaccination. There's nothing different about being 60 per cent protected by illness and 60 per cent protected by the vaccination. And if you get infected, you get sick.

“Why does the flu shot give me a sore arm?” Because your immune system is reacting in that area to the vaccine. Taking Tylenol before getting the needle works better for pain than waiting until afterwards.

BY THE NUMBERS

~1 in 3 cases of flu-like illness is influenza virus.



“I got the flu shot last year and I still got the flu four times. What's up?” The flu shot only prevents influenza. And influenza is about a third of influenza-like illness. You can get the flu vaccine and still get what feels like flu a couple of times a year. If you're judging the effectiveness of the shot based on your experience, you're trying to measure a one-third reduction in flu. It's just not possible to tell that's happening. You don't wear your seat belt because of your own personal experience in a car crash. You have to get the shot because you know the data shows it works and that if you do get flu, you'll be less sick.

“Aren't you basically injecting me with a strain of the flu? How is it impossible for it to make me sick?” The only vaccine that has live virus is the nasal spray. We've never used much of that in Canada. The injectable ones have no live virus, just pieces of viruses. No way you can get the flu from that.

“The flu shot is 50 or 60 per cent effective in a good year. Why bother?” I don't expect anything else in my life to be 100 per cent effective. The flu vaccine is way less than perfect. There are some other things you can do — wash your hands, make sure people stay home if they're sick, practise respiratory etiquette — but there is not as good evidence for them as there is for the vaccine.

“Do deaths and hospitalizations go down when there is universal flu vaccination? Is it worth it?” There's an analysis of the impact of the universal flu vaccine in Ontario by a guy called Jeff Kwong. And he found the program is cost effective. (Kwong's 2010 study showed that universal flu shots caused a 61 per cent reduction in flu cases and 28 per cent reduction in deaths, as compared to a program where only high-risk people get flu shots. The net cost to the health care system was \$2.60 per shot).

“In 2014-2015, people who got the flu shot every year were actually more likely to get the flu than others. How did that happen? And how can we make sure it doesn't happen again?” We've been making and using influenza vaccines pretty reliably since the early 1940s. And the 2014-2015 flu season was the first time we had this degree of mismatch (the wrong strain of H3N2 flu was chosen). It's not very likely to happen again. As with most disasters, it's not just one thing that went wrong. There was also a problem adapting that particular strain (for the vaccine). We learned that if the change in the virus is just right, if you get vaccinated in two years, your protection in the second year is not as good as the protection of a person who did not get vaccinated last year but did get the vaccine this year. This doesn't happen every year. And in our (forthcoming) study of health care workers, those who had the vaccine for 20+ years were as well protected as those who had been vaccinated less often.

Why eggs?

Flu shots contain traces of egg because an egg is just a better way to grow viruses than anything else we had when we started making flu vaccines. We're getting close to alternatives, but we're not there yet. — Dr. McGeer

“Zinc, echinacea, Vitamin C, Vitamin B, ginger — any truth to these earthy alternative flu treatments?” There is no evidence that any of those things reduce either the frequency or severity of symptoms. Wish they did, but they don't.

“Why are people so skeptical about the benefit of flu shots?” You worry about things that are foreign and strange and rare, not things that are common. We just don't respect influenza. As a healthy adult, for example, I'm more likely to die of flu than meningitis. Meningitis is uncommon, but if you get it it's really bad, so that makes it very scary.

This interview has been edited and condensed for clarity.

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Elizabeth Reaser, Lulu Wilson and Henry Thomas in *Ouija: Origin of Evil*, which tells a terrifying new tale as the follow-up to 2014's sleeper hit that opened at number one. For 100 years *Ouija* Boards have caused trouble on the big screen, with characters using the witch-boards to communicate with the dead with disastrous results. UNIVERSAL STUDIOS

Ouija board: A movie history

IN FOCUS

Spirits make their presence known in very horrific ways

Richard Crouse
For Metro Canada



For almost 100 years *Ouija* Boards have caused trouble on the big screen. From the 1920 movie *Ouija Board* to this weekend's *Ouija: Origin of Evil*, characters have used witch-boards to communicate with the dead to disastrous results.

The most famous *Ouija* design features the alphabet, numbers from zero to nine, and the words yes, no and goodbye printed on the board in an elaborate font. The spirits use a wooden heart-shaped planchette or a pointer to answer the living's questions from beyond.

Changes have been made to the basic design over the years. There have been glow-in-the-dark versions, a pink board marketed to teen girls and one with a light up planchette that illuminates the board's hidden messages. Whatever the look, the spirit board has also been a springboard for many movies.

The 1960 film *13 Ghosts* begins when a wealthy occult-

MOVIE RATINGS by Richard Crouse

Jack Reacher: Never Go Back	★★★
<i>Ouija: Origin of Evil</i>	★★★
Keeping up with the Joneses	★★
Mean Dreams	★★★
The Hotel Dieu	★★★

HOW RATING WORKS	
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★	SKIP IT

ist bequeaths his home to his nephew. In a scene that almost plays like a commercial for *Ouija*, the home's new residents soon discover a spirit board.

"*Ouija*, the mystifying oracle," says Medea (Jo Morrow), "the most modern method of fortune telling. Anyone want to try it?" They gather round the board and ask, "Are there

any ghosts in this house?" The answer is yes and soon the spirits make their presence known.

The kitschy movie was a hit and helped spark the *Ouija* craze of the 1960s, which hit a high in 1967 when sales of the talking boards surpassed Monopoly. "In the late 1800s continuing all the way into

the 1960s, the *Ouija* board was considered good, clean, family fun," says designer Roman Mars. Then in 1973, along came a movie that scared audiences and consumers alike.

The *Exorcist*, the most famous of all demon possession movies, is based in part on the 1949 case of an anonymous Maryland teenager. The Catholic Church declared the boy to be under a diabolical spell when strange things started happening — levitating furniture and holy water vials crashing to the ground — after he played with a *Ouija* board.

In the famous film a teenage girl is possessed by a demon after she finds an old *Ouija* Board in a closet. Play-

ing with the board, she encounters Captain Howdy, a.k.a. Pazuzu, king of the demons of the wind. "I ask the questions and he gives the answers!" she says before her head starts spinning.

Ouija historian Robert Murch compares *The Exorcist*'s effect on the decline in popularity of the boards to a famous thriller's influence on everyday hygiene.

"It's kind of like *Psycho*," he says. "No one was afraid of showers until that scene."

Immediately following the release of *The Exorcist* witch-boards were suddenly perceived as an instrument of the devil, a conduit between demons and regular folks.



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Shudder curators Colin Geddes, left, and Sam Zimmerman have populated the new streaming service with films that run the gamut from *The Hills Have Eyes* to *Sadako vs. Kayako*. CONTRIBUTED

INTERVIEW

Shudder offers horror fans films from around the globe

Richard Crouse
For Metro Canada



Jason Zinoman says one of the pleasures of getting scared at the movies is "that it focuses the mind." The author of *Shock Value*, a book about horror films, uses the example of a baby being born.

"Try to imagine the shock of one world running into another," he writes. "Nothing is familiar and the slightest detail registers as shockingly new. Think of the futility of trying to process what is going on. No wonder they scream."

"Overwhelming terror," Zinoman continues, "may be the closest we ever get to the feeling of being born."

Whether it's as deep seeded as that or not, there is no denying terror is a primal feeling. It's part of our DNA but, counter intuitively, it isn't horrible when experienced at the movies.

Sam Zimmerman, the co-curator of the new horror streaming service Shudder, says watching scary movies is, "a beautiful way of confronting our anxieties and fears and laughing at those anxieties

and fears. It's a way of touching the void without actually stepping foot in it."

Zimmerman, along with long time Toronto International Film Festival's Midnight Madness programmer Colin Geddes, have populated Shudder with a comprehensive collection of horror films from around the globe, everything from classic horror like *The Hills Have Eyes* and newer shockers such as *Sadako vs. Kayako*.

"We are a curated streaming service and we're trying to find the perfect medium between the streaming service and the best aspects of what we got out of video store days."

In short, Zimmerman says, there are four main criteria when programming the service: Is it really cool? Do we think our members will love it? Is it contextually or historically interesting? Or is it just awesome?

"We want you to really trust us," he says.

"Whether the movies are under the radar or mainstream, we want you to feel like we're looking out for what's going on

the service as opposed to just filling the service with an old thing just because it is horror."

Available in the U.S. since last year, Shudder makes its Canadian debut on Oct. 20, just in time for Halloween.

"I think horror fans are optimists," Zimmerman says. "I think we find the good in things even when the movie doesn't come together as a whole, we're really excited to point out what stuck with us within it. Horror can be made up of such striking imagery. Even when we watch movies as kids and perhaps now re-watch them and think, 'It wasn't that great a movie to begin with,' we still remember those images that grabbed us. You can't deny the power of that. I think we are inherently excited about what's good about a movie."

"I also think horror fans are really film fans. Horror, at least for me, was a real gateway into experimental cinema and really surreal, strange work because of the nightmare logic of them."

"But I think it's an avenue into all other sorts of arts and media."

At the end of the day horror fans will check out Shudder not for a lesson in horror history but for the variety of chills and thrills. But why do people like to be terrified while watching movies? Alfred Hitchcock summed up the appeal of the scary movie in one brief sentence: "People like to be scared when they feel safe."

"Horror, at least for me, was a real gateway into experimental cinema"


Sam Zimmerman

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How Hamilton's man sees history

DOCUMENTARY

Behind the scenes with Lin-Manuel Miranda

What was to become the Broadway phenomenon Hamilton was still raw and unshaped when documentary filmmaker Alex Horwitz turned on his camera three years ago.

Whether Lin-Manuel Miranda's vision of Founding Father Alexander Hamilton would become a concept album or a musical or something else had yet to be determined. Horwitz didn't mind. He just wanted to be there beside Miranda.

"My take was 'I don't care what it ends up being. I just find it so compelling. Let me follow you as you continue to develop it,'" said Horwitz. "It was designed from the beginning to be a companion piece to Hamilton, whatever that became."

Horwitz ended up being, quite literally, in the room when it happened. His documentary *Hamilton's America* debuts Friday on PBS as part of its Great Performances series, offering a behind-the-scenes look at the musical's creation and putting it in historical context.

The documentary maker, who befriended Miranda in college, didn't want to make a film about the making of the hip-hop-flavoured musical. That had already been done with *Chasing Broadway Dreams*, about Miranda's previous success with *In the Heights*.

"I thought that this could be about history seen through Lin's eyes. That was the conceit of the film from the beginning," said Horwitz.



The documentary **Hamilton's America** debuts on PBS on Friday as part of its **Great Performances** series. THE ASSOCIATED PRESS

"It's a sort of audio-visual liner notes that exists for all time now about this amazing, whirlwind experience he had."

Miranda allowed Horwitz extraordinary access, including a sequence in which he was captured composing the song *My Shot* while visiting Aaron Burr's home. Their friendship meant a level of comfort another filmmaker might not have gotten.

"He's much smarter than me," said Miranda, "so he said, 'Can I just start filming you writing your next thing?' in 2012, before we even knew this was a show. And the result is that he's got this great film."

The RadicalMedia documentary combines backstage footage with field trips to places key to Hamilton, like actor Christopher Jackson, who plays George Washington, visiting Mount Vernon, and Leslie Odom Jr. who plays Aaron Burr, stopping by the Museum of Finance.

The film is also augmented by interviews with politicians and celebrities including President Barack Obama, former President George W. Bush, Speaker of the House Paul Ryan, Sen. Elizabeth Warren, former Treasury Secretaries Hank Paulson and Timothy Geithner, Questlove, Jimmy Fallon, John Weidman, Nas and Stephen Sondheim.

"It is quite a motley crew in the best possible way. Where else are you going to get a film that stars Questlove and Hank Paulson?" asked Horwitz. "People returned my calls because of Hamilton."

Horwitz is the perfect man for the job. His father, director and writer Murray Horwitz, won a Tony Award in 1978 for *Ain't Misbehavin'* and his mother is a classically

trained opera singer.

He was a researcher for visionary director Julie Taymor and became an experienced film editor for RadicalMedia, having cut Joe Berlinger's documentary *Whitey*, and is a big fan of Ken Burns. He also wrote and directed the zombie short film *Alice Jacobs is Dead*.

"It's in my blood. I am a musical nerd. I am a history

nerd," he said. "I wanted this movie to scratch both those itches for me and everyone in the audience as well."

Horwitz had about 100 hours of footage that he boiled down to 84 minutes. He hopes it appeals to both Hamilton fans and newcomers to the show. "I know that this film is not the work that Hamilton is. This film is a shadow of that far greater piece, in my mind," he said. "But if I did half as good a job as a documentarian as Lin did as a composer, then I think it will at least be an entertaining and enlightening piece of material and a worthy companion piece."

THE ASSOCIATED PRESS

“If I did half as good a job as a documentarian as Lin did as a composer, then I think it will at least be an entertaining ... piece

Hamilton's America director Alex Horwitz



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Cobie Smulders packs a punch

INTERVIEW

Actress trained hard to play military woman in Jack Reacher

Richard Crouse
For Metro Canada



Cobie Smulders has been in action movies aplenty, but she's rarely part of the action. That changes in Jack Reacher: Never Go Back.

Opposite Tom Cruise, Smulders plays Major Susan Turner, a decorated soldier accused of espionage. To prove her innocence she teams with Jack Reacher in a battle for the truth.

"I was really excited about doing some action scenes," says the Canadian born actress who played former director of the planetary intelligence service S.H.I.E.L.D. Maria Hill in various Avengers movies as well as on television.

"I'd done some quote, unquote action movies before, through The Avengers and

the Marvel Universe. I'd be part of some of their stuff but I missed out on most of the fun fight sequences.

"Jumping on this, I knew I would get to do more fighting, hands on, rather than standing next to the superheroes while they do all the fighting."

She has more than her share of up-close-and-personal battle sequences, bare knuckling her way through the story at a breakneck pace, but were the scenes as fun to shoot as she thought they would be?

"That's a great question because sometimes they are not," she laughs. "They are quite technical and they can drag on. When it is fast and intense, they're really fun because it's like an adrenaline rush."

"It's like doing a choreographed dance with somebody."

"But when they drag on and it becomes about the minutia of like, 'We have to do the insert of the picking up of the meat tenderizer and we have to do it from this angle and that angle,' it takes the magic out of it."

A magical experience or



Cobie Smulders says the days on the Jack Reacher set were intense, but she just had to remind herself of what real-life women in the military go through to find the inspiration to keep pushing. CONTRIBUTED

“There were days when I would push past breaking points”
Cobie Smulders

back of my mind, what this woman would have had to go through, and what women and men in the military have to go through.

"I think anybody who de-

cides to enlist in the military and do all the work it takes to become a major is somebody who is much stronger than I will ever be.

"She's a woman we say has graduated Ranger School."

"When we started shooting the movie that hadn't happened yet; no women had graduated from Ranger School."

"Then during the shoot the first two women graduated. If I am playing a woman who can endure that type of training, then this should be like

a piece of cake, what I'm doing on set."

Cruise and Smulders play a sort of Mr. & Mrs. Smith, a deadly duo who never allow romance to get in the way of their appetite for bodily destruction. Their relationship is a mix of Roadhouse style fighting and humorous rom-com dialogue.

"To not have these characters get together romantically," Smulders says, "was more interesting to watch than having a love scene in the middle of the movie."

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A captivating take on the refugee crisis

FIRE AT SEA

Award-winning documentary reveals Italian island's role

Closer to Africa than Sicily, the Italian island of Lampedusa has long played a key role in the ongoing refugee crisis besetting Europe and the Mediterranean region.

In fact, as filmmaker Gianfranco Rosi notes at the outset, the tiny wind-swept island has acted as a critical base of operations for the Italian navy and provided temporary refuge to more than 400,000 people from Africa and the war-torn Middle East for 20 years.

But Rosi takes a very different storytelling tack in the documentary *Fire at Sea*, winner of this year's Golden Bear prize at the Berlin Film Festival, juxtaposing the ordinary lives of Lampedusa's citizens with those desperate enough

to risk their lives on unsafe, overloaded crafts in the hope of a better life.

It's an intriguing and instructive approach.

Samuele, a 12-year-old boy who likes playing with slingshots and hanging out with his pal, Mattias, becomes a central character of sorts. There's Aunt Maria, who regularly calls up the local radio disc jockey with song requests, the solitary diver armed with fishing spear, the doctor who has seen too far too much death and others.

LAMPEDUSA
The tiny island provided temporary refuge to more than 400,000 people from Africa and the Middle-East for 20 years.

We also catch glimpses into the lives of the rescued. In hip-hop cadence, a young Nigerian speaks of the horrific journey across Africa that brought him to the shores of the Mediterranean.

And while the Italian rescuers act with professionalism and efficiency, there is always a sense of two worlds that meet tangentially but never interact.

With superb cinematography throughout, Rosi proves himself to be a sublimely unconventional storyteller.

TORSTAR NEWS SERVICES



Gianfranco Rosi's takes a different approach to telling the story of the refugee crisis in the film *Fire at Sea*. CONTRIBUTED



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SLAM DUNK

Jordan's Space Jam returns to theatres



Basketball legend Michael Jordan and his Looney Tunes friends are set to bounce back into theatres.

THE ASSOCIATED PRESS

Michael Jordan, Bugs Bunny and friends are returning to the court, and theatres, to mark the 20th anniversary of *Space Jam*.

The 1996 basketball-themed adventure, which combined the real life Jordan with animated Looney Tunes characters, will be back on screens in select theatres for two days

next month. Fathom Events and Warner Bros. say the screenings will take place on Sunday, Nov. 13, and Wednesday, Nov. 16.

Basketball greats Larry Bird, Charles Barkley and Patrick Ewing also appear in the film, as does Bill Murray, who joins with Jordan to defeat a team of aliens.

THE ASSOCIATED PRESS

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I fought the Raging Boll — and lost

ESSAY

Filmmaker got his revenge for scathing reviews

Chris Alexander
For Metro Canada



The following is a true story.

Ten years ago, I was passing the time as one of the myriad know-it-all critics making sport of Uwe Boll's career. He was fun to kick around. Easy prey. And even more confounding than his movies was his loud, vulgar, cartoonish persona. He was like strange cinema's answer to Donald Trump and I, along with dozens of others, had a ball with our Boll-bashing.

Eventually, Uwe had had enough and he put out a public call to his detractors to "put up or shut up," to literally fight him in the boxing ring in a highly publicized stunt dubbed "Raging Boll."

The spirit of Andy Kaufman was alive and well and living in a five-foot-tall German filmmaker.

Naturally, I signed up. And surprisingly, I was the only Canadian chosen to be his opponent. And while most of the other 'net scribbling numbskulls' perceived this to be a lark, I didn't.

Well, I did, but I knew Boll was a bit nuts. And I knew he had actually boxed back in the Fatherland.

So I trained. I hired a boxing coach named Wayne Borque, who had helped train the fighters in the film *Cinderella Man* to teach me some moves.

I punched stuff. I did ridiculous amounts of cardio. I went on MTV to promote the fight and adopted a horror nerd version of a Mohammed Ali mantra: "I'm gonna put Boll to bed for House of the Dead! He's gonna feel pain for making BloodRayne! You've heard of the Thrilla in Manila? This is the Maneuver in Vancouver!"

And indeed I and three other idiots were flown to Vancouver, to the Plaza of Nations, to actually fight Boll in front of a crowd of hundreds, most of them friends of Boll's (including actors Michael Pare and Kristianna Lokken) along with members of the curious international press. I watched the other shmucks get their rumps handed to them, shocked that the stocky and muscle-bound Boll was actually playing to win and punching to hurt. I saw them all fall. One of them vomited.

And then it was my turn.

I jumped in, fists flying. The crowd roared. I blocked punches, danced around and landed more than a few blows of my own, getting Boll up against the ropes. It was a fair fight!

At the end of the first round, my corner man gave me a water bottle that was actually filled with fake blood.

I guzzled the bitter fluid and when the bell rang I jumped back in. I waited. I let Boll hit

me. I spat the blood at him. The crowd cheered thinking that the gore was real.

The ref asked me if I wanted to end the fight and I told him that the blood was in fact phony. Boll was not happy with the gag and came at me with a haymaker shot to the skull.

Down I went. I got back up, dizzy, and came out again. Another clobbering blow to the head sent me crumpling to the mat. I didn't get up after that. Fight over.

But oddly, after this, Uwe respected me. I was playing to win, taking the blows, just like he did, every day, putting his balls on the block with every film he was making.

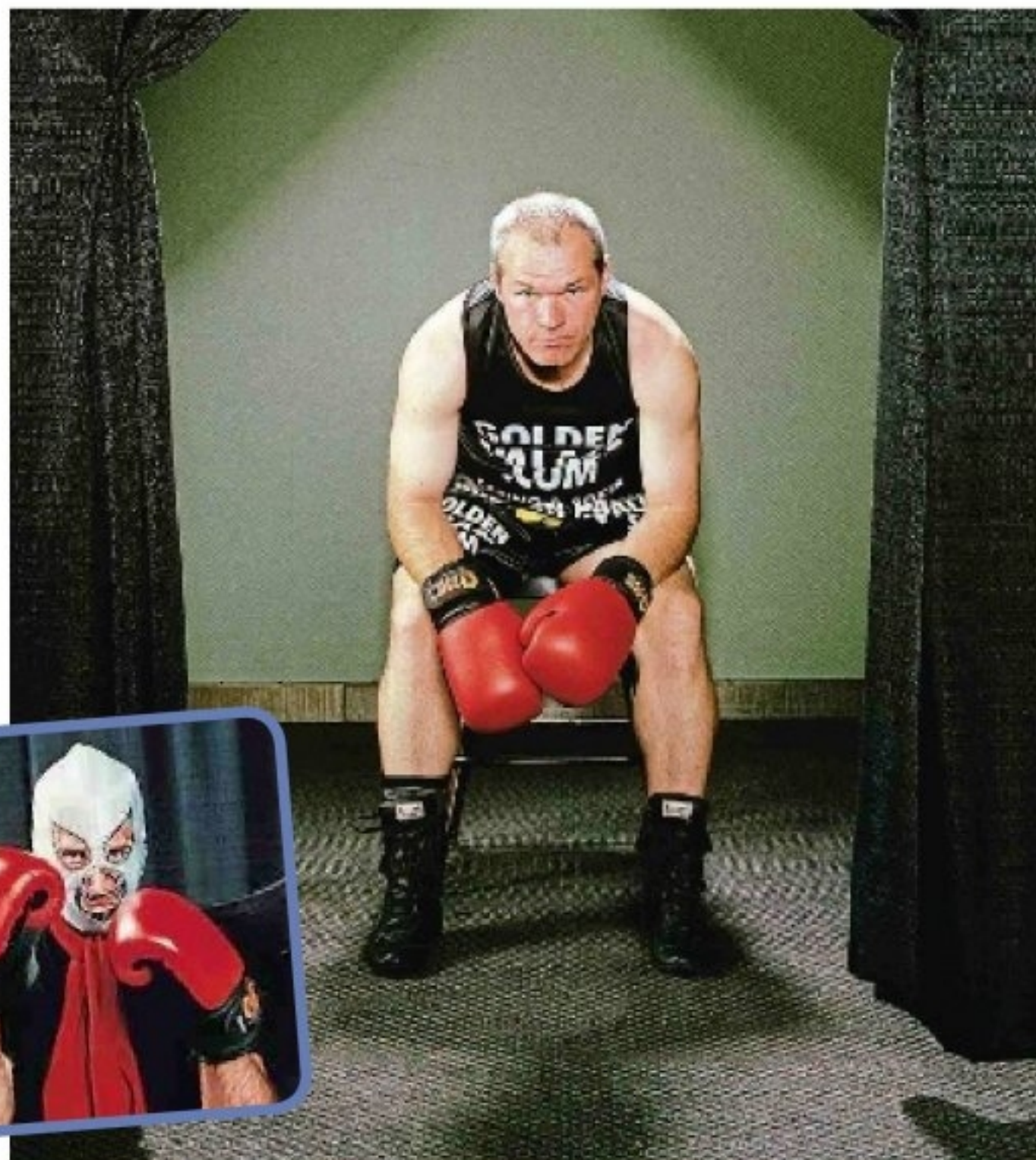
He actually invited me to his beach house the next day and I was astonished to learn that he was incredibly intelligent and knew virtually everything about cinema history.

We became friends. I'd like to think we still are.

Recently, I came home and my nine-year-old son Jack said some dude who talked funny called and was asking for "Creees Al-ax-andah."

Jack had hung up, thinking it was one of those pesky telemarketers.

That dude was in fact Uwe Boll. Long may he rage.



A decade ago, Chris Alexander (inset) fought Uwe Boll in a boxing match in Vancouver. Boll challenged critics who'd used him as a punching bag to step into the ring with him. GREGG SEGAL

INTERVIEW

Director Uwe Boll's Rampage of terrible films is finished

Richard Crouse
For Metro Canada



The critics won't have Uwe Boll to kick around anymore.

The German filmmaker, who once played Adolph Hitler in an action comedy film called *Blubberella*, is best known for adapting video games like *House of the Dead*, *BloodRayne* and *Dungeon Siege* into movies.

He's never had an easy ride with reviewers — the San Francisco Chronicle's Peter Hartlaub called *Alone in the Dark*, "a film so mind-blowingly horrible that it teeters on the edge of cinematic immortality" — and earned the nickname The Raging Boll after challenging his worst critics a "put up or shut up" boxing match.

He knocked out each of his four opponents, landing a blow for anyone who has ever suffered a bad review.

Now he's done. The release



Rampage: President Down, will be Uwe Boll's final film, he says. "The market is dead. You don't make any money anymore on movies." CONTRIBUTED

of *Rampage: President Down* is his swan song, the final film he will direct he says, in part, because his politically charged movies have "no impact."

"*Rampage 3* will be watched on Netflix, DVD or iTunes or whatever," he says.

"They'll say, 'That wonderful movie! I liked it blah, blah, blah,' then watch *Avengers*. With streaming everywhere there is just a big wave of movies flooding around and you have no impact."

"The market is dead," he

adds, "you don't make any money anymore on movies because the DVD and Blu Ray market worldwide has dropped 80 per cent in the last three years. That is the real reason; I just cannot afford to make movies."

"I can't go back to student filmmaking because I have made so many movies in my life, and I can't make cheaper and cheaper movies at my age. It's a shame. I would be happy to make movies but it is just not financially profitable."

Boll says he's been self-financing his films for over a decade.

"I never had people giving me money," he says.

"I've been using my money since 2005 and if I hadn't made the stupid video game based movies I would never have amalgamated the capital so I could say, 'Let's make the *Darfur* movie.' I don't need a Ferrari, I don't need a yacht. I invested in my own movies and I lost money."

He may have gone in the hole on films like *Attack on Darfur* and *Assault on Wall Street*, but he's proud of their grit and realism.

"It's way better than *Wall Street 2* by Oliver Stone," he boasts. "It's better researched,

it's better written, it's better, but it doesn't have Michael Douglas."

He says his movies are concrete, as they portray "real issues."

"It's not *Jason Bourne* or any bulls— movie where they make stuff up. My movies are real."

With *Rampage: President Down* hitting iTunes, Boll will now spend his time attending to his film distribution business and his Vancouver restaurant *Bauhaus* (which the food critics love, by the way). As for his critics he hopes they'll take time to watch his movies.

"Now when I don't make any more movies," he says, "maybe they'll find the time to actually watch the movies, starting with *Postal* in 2005, the movies of the last ten years. They will see they were a lot of very interesting movies and a lot of movies that I think made sense and said a point about things. They deserve to be discussed bigger than they were."

FILMMAKER

McGregor's directorial debut came by chance

The path to Ewan McGregor's feature directorial debut was a long, winding one beset with bouts of insecurity — and a roadblock by a Quebec filmmaker.

The Scottish *Trainspotting* star says *American Pastoral*, out Friday in Toronto and Vancouver, isn't the first feature he wanted to direct.

He previously targeted Alessandro Baricco's novel *Silk* for an adaptation, but it was ultimately directed by Montreal's François Girard with Keira Knightley in a leading role.

After eyeing another film that also didn't work out for him to direct, McGregor eventually came to helm *American Pastoral*. But only after a few pre-production hiccups.

McGregor first signed on to only star in the family drama, which is based on Philip Roth's Pulitzer Prize-winning novel.

He plays a successful 1960s business owner married to a former beauty queen, played by Jennifer Connelly, in Newark, N.J. Their seemingly idyllic family crumbles when their daughter, played by Dakota Fanning, becomes involved with a violent movement against the Vietnam War.

McGregor said the key cast was set but they couldn't nail down a director. His agent pushed him to take on the role.

McGregor sat down with the script and called Lakeshore Entertainment founder Tom Rosenberg to plead his case.

"I said, 'Maybe I could do it, maybe you could trust me to direct it.'"

McGregor was undaunted by the pressure involved with taking on such a revered novel.

"I just saw it as an amazing story and I would much rather be tackling something complicated and interesting with my first movie than something banal and silly."

THE ASSOCIATED PRESS



American Pastoral director Ewan McGregor. CONTRIBUTED

Fanning cherishes role of '60s radical



Dakota Fanning, who co-stars in the upcoming drama American Pastoral, says getting behind the camera as a director is something she's becoming ready for. CONTRIBUTED

FILM

Actress plays radicalized teen in American Pastoral

Steve Gow
For Metro Canada



Most child actors struggle to grow up in such a cutthroat business as Hollywood. Many wind up cast aside, forgotten and jaded. Not Dakota Fanning.

"I still enjoy the process of making films more than anything in my life," insisted the 22-year-old actress recently at the Toronto International Film Fest.

"Because I did start out so young, I think I've been able to maintain, not a childlike perspective, but I still come to the process with a real enthusiasm and that hasn't gone away."

It's certainly refreshing to not only find someone so upbeat about Hollywood, but to still be as enthusiastic about their future prospects.

For Fanning, that includes

her upcoming acclaimed drama *American Pastoral*, in which she plays a teenaged daughter who disappears after becoming radicalized in the social upheaval of the '60s until her father (Ewan McGregor) discovers her years later.

"This character is kind of a once-in-a-lifetime role and this sort of complex role doesn't come along very often, so I was in no matter what," said Fanning of Ewan McGregor's directorial debut. "For me it's just about the role itself (and) this one is set during a very tumultuous time and there's definitely a lot to explore there."

While Fanning was involved before McGregor climbed into the director's chair, she was still struck by the actor's debut. And having worked with Hollywood's greatest auteurs — from Steven Spielberg (*War of the Worlds*) to the late-Tony Scott (*Man on Fire*) — she certainly

speaks from experience.

"The best directors have an understanding of actors. He definitely has a deeper understanding because he is one," said Fanning of McGregor. "He's just such a great guy and being a director in general, you are required to balance being in control and being decisive and at the same time, being collaborative and respectful of everyone's ideas and that's where he excelled — he completely had that balance."

With over 16 years in showbiz, Fanning has surely earned an education in filmmaking. In fact, while she stops short of admitting she has any projects in the works, she isn't looking too far ahead to get behind the camera herself.

"That's a definite for me," said Fanning. "Being a director is something that I'm becoming ready for and it's something I'd really like to do."



Because I did start out so young, I think I've been able to maintain, not a childlike perspective, but I still come to the process with a real enthusiasm and that hasn't gone away. Dakota Fanning

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Love a main theme for Kings of Leon



Kings of Leon, from left, Caleb Followill, Nathan Followill, Matthew Followill and Jared Followill released their latest album, **WALLS**, last week. THE ASSOCIATED PRESS

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INTERVIEW

Band sought 'something different' for new album

For the family band Kings of Leon, one of the biggest factors in making decisions about their career is what will make their wives and children happy.

So the large Followill clan, which includes three brothers, a cousin, four spouses and four children, was excited to record their seventh studio album earlier this year in Los Angeles.

"It was wintertime here," lead singer Caleb Followill said of their home in Nashville, Tennessee. "And we knew our families were going to be away from us for long days, so we wanted to take them where the sun was shining."

Their wives also have input on which cities the band will use as central hubs on their next tour, said drummer Nathan Followill.

"All of our kids are the same age or within six months of each other, which makes it really easy for us to all go together and then they have a built-in buddy system," Nathan Followill said.

After breaking out early on with albums like *Only By the Night* and *Because of the Times*, the band struggled with success and excess, which led to public fights and cancelled shows in 2011.

But five years later, Kings of Leon members are relaxed and settled as fathers and husbands.

WALLS, released Oct. 14, finds the band with a new producer, Markus Dravs, who has earned Grammys for his work with Mumford & Sons, Arcade Fire and Coldplay. The title song is an acronym, Caleb Followill said, for "We are like love songs."

Love, not animosity, seems to be the prevailing theme for the Kings of Leon on this record.

The band talked about the album with *The Associated Press* ahead of its first show in Nashville performing the album in its entirety. Answers have been edited for brevity.

What's it like playing the new music in front of a hometown crowd?

Caleb Followill: Oh it's going to be awkward. We're going to play new songs that don't get the reaction that we're used to.

Matthew Followill: And then we're going to mess up on those songs.

Jared Followill: And then we're going to get mad and storm off after the sixth song. **What does the album title mean?**

Caleb Followill: We are kind of opening ourselves up to who we truly are. And the walls coming down means something to us too. But I feel like throughout our career, we have written songs that have a lot of heart.

And to me those are like love songs. On this album, more so than any other, there is some real stuff being said.

What was it like working with Markus this time?

Jared Followill: Obviously we had seen that he had done a lot of really great things, things that we liked. We had confidence in that aspect of his work, that he was going to make the songs sound exactly how he wanted them to.

But just talking to him, we knew that he was a hard, hard worker and had a lot of work ethic and it brings it out in you.

Nathan Followill: And he got pneumonia the second week and had to go into the hospital. So that kind of got us started off on the wrong foot. **Caleb Followill:** He lost a lot of weight. He looked great. **Matthew Followill:** Like hollow eyes, so rock 'n' roll.

Was he a tough producer?

Caleb Followill: We wanted to be doing something different and not feeling like we were surrounded by people who were hip to what we do. And so I feel like, I don't even think he's heard our music before this album because he didn't seem like he had. So that was a good thing, I felt like we had someone that was just kind of coming in with fresh ears.

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Before Issa Rae developed *Insecure* — partly based on her life and her hit web series *Awkward Black Girl* — she worked with television mogul Shonda Rhimes on a pilot about dating in Los Angeles. HANDOUT

Issa Rae blazes trail with new HBO series *Insecure*

STRONG VOICE

Funny hit show tells different story about black culture

For Issa Rae, it feels like the 1990s.

The creator and star of the HBO series *Insecure* said she's enjoying the debut of her TV show at a time when popular shows telling different stories about black culture are on the scene, from Ava DuVernay's *Queen Sugar* to Donald Glover's *Atlanta* to Cheo Hodari Coker's *Luke Cage*.

It reminds her of when shows like *The Fresh Prince of Bel-Air*, *Living Single*, *Family Matters* and *Martin* dominated on television.

"It's dope that there's like a new renaissance. ... I love that I'm not alone," Rae, 31, said in a recent interview. "We worked really hard to include people of colour behind the scenes. That was a big thing for us."

She gives a lot of credit to

Shonda Rhimes, the television mogul behind successes like *Scandal*, *How to Get Away with Murder* and *Grey's Anatomy*.

"She kind of ushered us all in, in a sense," Rae said, "but then a lot of the questions were like, 'Why is this black female character like this?' ... So I'm grateful that we're not going to have (questions like), 'Why is the black girl like this?'"

"There are so many different stories that we're able to tell at the same time to show how rich our culture is and that's a great feeling."

Before Rae developed *Insecure* — partly based on her life and her hit web series *Awkward Black Girl* — she worked with Rhimes on a pilot about dating in Los Angeles. Things didn't work out for the rising star, who said at the time that she "wasn't good at navigating the notes between the network and studio."

"I was too eager to please," she said. "It showed me that I needed to be stronger in my voice."

That's when HBO called. Did



I was too eager to please. It showed me that I needed to be stronger in my voice.

Issa Rae, on why it didn't work out with a show about dating in LA that she was working on with Shonda Rhimes

Rae have anything to pitch to the network? She did. *Insecure*, a hilarious, adventurous show (Sundays, 10:30 p.m. Eastern, on HBO), that follows Issa Dee (Rae) and best friend Molly Carter (Yvonne Orji) as black women on the brink of turning 30 who are navigating their love lives and professional careers.

"They're really good about getting out (of) the way of the cultural element of the show and making sure your voice shines through," she said about the executives at

HBO (the network recently offered Rae a production deal to develop more content).

Rae built a strong team to help her find her voice for *Insecure*: Larry Wilmore is her co-creator; Prentice Penny, who has worked on Brooklyn Nine-Nine and *Scrubs*, is the show runner; and Melina Matsoukas, the Grammy-winning director behind music videos for Beyoncé and Rihanna, directs some of the episodes.

Matsoukas, who marks her TV directing debut, is one of many music ties to the show. Grammy-winning singer-songwriter-producer Raphael Saadiq composed the music, and Solange Knowles is a music consultant.

Rae is also musically inclined. In the series, she breaks out into comical, emotional raps to cope with life. She says rapping is "for fun" — sort of.

"My friends and I have a ratchet rap group, (and) for a second, (we) toyed about taking it seriously, but I'm not a rapper. It's all when I have alcohol in my system."

THE ASSOCIATED PRESS

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Grammy Winner Bruno Mars has a new party anthem out called 24K Magic. "Hopefully everyone's partying with us," says Mars, of his live shows. PHOTO BY MATT SAYLES/INVISION/AP

Bruno Mars: pop's ultimate party boy

GROOVY HIT

24K Magic reaches No. 5 on this week's Hot 100 chart

While the world was busy dancing to Bruno Mars' Uptown Funk at the top of 2015, the singer was partying in the studio and creating his latest groovy hit.

The Grammy-winning star said in an interview with The Associated Press he wrote 24K Magic around the time Uptown Funk topped the Billboard Hot 100 chart last year. 24K Magic debuted at No. 5 on the Hot 100 chart this week.

The new party anthem was launched with a music video to match its celebratory flavour. So far, it's racked up more than 46 million views on YouTube.

"You want to kick the door down instead of politely say, 'Hey guys, check this out.' So I think that was the whole

objective — to make sure the visual came with the song so people can know, 'When we wrote this, this is what we felt like,'" Mars said. "When I'm performing, this is what I want you to feel like. Hopefully everyone's partying with us."

Mars performed the song, his 13th Top 10 hit on the Hot 100 chart, on Saturday Night Live last weekend. The tune comes after the massive success of Uptown Funk with Mark Ronson, which recently hit RIAA diamond status and won two Grammy Awards this year, including record of the year.

24K Magic is the first single — or invitation to the party as Mars puts it — for his third

album of the same name, to be released Nov. 18. Two days later, he'll open the 2016 American Music Awards with a live performance.

The singer-songwriter-producer says when he first came up with the treatment for the video, which features his signature dance moves, playful band and colorful fashion, he over thought it.

"For weeks and weeks and weeks, I wanna say a year, I was thinking about what the video's going to be ... how are we going to distance it from the other videos I've done and do something special. And every time I came up with a concept it wasn't what the song (was about). The song sounds like a party. So it was like, 'Don't try to go against the grain,'" said Mars, who co-directed the clip.

When the pop star was in Las Vegas, a light bulb turned on. "I was like, 'This is what we got to do. Fly the guys down. Turn the camera on.'"

THE ASSOCIATED PRESS



The song sounds like a party. So it was like 'Don't try to go against the grain.'

Bruno Mars

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BON JOVI

Sets record straight on buying Titans

Bon Jovi's upcoming album is entitled, *This House is Not For Sale*, and apparently neither are the Tennessee Titans.

Earlier this week, CBS Sports reported that Bon Jovi and Peyton Manning were "monitoring the Tennessee Titans ownership situation," leading to



Singer Jon Bon Jovi dispels headline rumours about him and Peyton Manning buying a football team. GETTY IMAGES

speculation they were looking to purchase the Nashville-based football team. That prompted Titans acting owner, Amy Adams Strunk to say the team is not for sale.

On Wednesday, Jon Bon Jovi sat down with The Associated Press to set the record straight.

"Let me dispel the rumours right now," he said with a laugh. "I wake up to these headlines with my name on them and they're just not true. I want to make it perfectly clear that the team is not for sale, nor has it ever been, and I respect and admire (late franchise founder) Bud Adams' legacy. End of story, I wish them all the success in the world."

He added: "You wake up to that and you're, 'Wait a minute. I don't want to upset anybody. I didn't do anything.'"

While the New Jersey rocker hopes to add NFL owner to his resume one day, it's not happening yet.

"I love the NFL, and I did in fact try to buy the Buffalo Bills, but this has nothing to do with that. All I'm doing — I'm in the music business. End of story."

THE ASSOCIATED PRESS

A Nasty boost



MOCKING CLINTON SONG STREAMS UP 250 PER CENT SINCE DEBATE Donald Trump's labelling of Hillary Clinton as "such a nasty woman" during the final presidential debate has given a boost to Janet Jackson's 1986 hit, *Nasty*. Spotify says streams of *Nasty* are up 250 per cent, though the company wouldn't release specific numbers. Some Twitter users are having fun with the comment Trump made Wednesday night. One video being shared features Jackson's video for the song with Clinton's face crudely pasted over top of the singer's. It references the song's lyrics with the note, "It's Hillary. Madame President If You're Nasty." THE ASSOCIATED PRESS, FILE PHOTO BY CHRIS PIZZELLO/INVISION/AP



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Black Mirror lightens up, we swear

NETFLIX SERIES

New batch of 6 episodes has different feel, says creator

It should come as no surprise that the man known for envisioning a world in which technology has surreptitiously taken

over our lives is a worrier.

Black Mirror creator Charlie Brooker says he can't help but imagine all the horrific ways our digital obsessions and constant connectivity can spell disaster for humanity.

"Everything scares me," the British writer admits during a recent stop at the Toronto International Film Festival to preview the anthology's third season.

"And so I like to think about

the worst-case scenarios.... It's an amazing, amazing communication tool. But there's also these unforeseen ramifications of it that we're, as a species, getting used to as we're sort of smacking it around. It's like a new limb that we've grown, that we're accidentally knocking over furniture with."

The eerily prescient TV series has garnered a cult following among technophobes and

technophiles alike for its ability to chronicle an array of modern anxieties reflected in all those screens around us — whether they be smartphones, televisions or computers.

Who hasn't worried about the repercussions of reusing their ubiquitous password for several accounts, or accessing an unprotected public Wi-Fi connection? But Black Mirror ramps those fears up into a frenzy of

dread — with a good dose of the weird and hilarious.

Not to mention a very British sensibility.

Brooker notes the Channel 4 series debuted with an especially dark tale about a British prime minister forced to have sex with a pig on live television.

"The National Anthem episode tends to appall people more often on this side of the Atlantic, whereas I guess maybe in the U.K. we laugh in a guttural way," admits Brooker, an occasional newspaper columnist, humorist, broadcaster and former video games reviewer who meets questions with a rapid-fire delivery, and the occasional expletive.

He says there's a more international feel to this new batch of six episodes for Netflix. Two of them are set in the United States and Brooker says he's musing on a Canadian-set story to be included in the next set

of six shows, also destined for the streaming service.

There's also a lighter touch in some of them, most notably the candy-coloured coming-of-age tale *San Junipero*, set in 1987 and starring Vancouver native Mackenzie Davis and Brit actress Gugu Mbatha-Raw.

"Most of our episodes so far have been extremely bleak and horrible," notes Brooker.

"This time we wanted more of a variety of tone. So we do have other incredibly bleak, jet-dark stories coming up, but we've also got more playful ones."

Then there's the social satire *Nosedive* co-written by *The Office* writer Michael Schur and comic actress Rashida Jones. That one stars Bryce Dallas Howard as an insecure office worker who is driven to extremes to maintain her social-media standing in a status-obsessed world.

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Top: Bryce Dallas Howard. Bottom: Mackenzie Davis, left, Gugu Mbatha-Raw. COURTESY NETFLIX

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Harry Rosen stays as sharp as ever

CLOTHES

Menswear giant as smart a thinker as he is a dresser

Menswear giant Harry Rosen is supposed to be retired.

But on a recent weekday afternoon, he's found in his

16th floor downtown Toronto office, surrounded by files for the various causes he fundraises for.

The Toronto-bred entrepreneur no longer runs the day-to-day operations of his nationwide chain of stores, but he still does some consulting for U.S. and European businesses and keeps his eyes peeled for what's next in the world of style and design.

"I'm 85 but somehow or other I don't feel it," Rosen says while seated in front of a picture window overlooking his flagship store.

"I'm wide open to new ideas. When I go somewhere with my wife, I usually am looking at the stores and looking at what people are wearing and if I can, I try to get to meet the merchants, establish what we have in common and learn

something from them.

"I shouldn't be doing that because I'm 85 and I'm supposed to be retiring."

Rosen, who founded his namesake company in 1954, credits that thirst for knowledge with fuelling his career, which is being recognized Monday by Fashion Group International's Toronto chapter.

"I'm particularly honoured because it's an international or-

ganization made up of a variety of retailers," says Rosen, who is getting the group's fourth annual fashion visionary award.

"People don't usually recognize people in the menswear business, which has been 62 years of my life, so I'm glad for the recognition."

Rosen says he got his first taste for merchandising as a teen working in the junkyard his father ran in the northern Ontario community of Callander.

"I sorted out all the merchandise — cast iron here, horse hair here, shirts here," he chuckles.

It turns out he was a bit of a troublemaker, too. At age 14 he accidentally burnt all the hair off his body while playing with fire.

"I tried to burn copper wire in a barrel and poured kerosene on it and it jumped up the spout into the can and all over me. I ran and I don't know how I got out of my shirt but I did, I rolled on the ground and I walked around like this for a little while," Rosen says, holding his arms out from his sides.

Less than 10 years later he'd be running his first shop — a thinly stocked store furnished with used plastic shelves and a hand-cranked cash register.

Rosen says he was driven by a desire to connect with his customers, and earn their loyalty.

"I pioneered keeping a record of my customer — their names, what business they were in, the size of their family, their hobbies and activities and peer groups and so on. And also clippings of any fabric that I sold them so I always had on hand what was in their wardrobe. And that turned out to be a very valuable way of building a reputation."

He boasts of introducing Canada to collections by Ermenegildo Zegna, Hugo Boss and Brioni and redefining how Canadian men dressed. His office is decorated with old newspaper ads, framed photos of friends and family, as well as celebrity patrons including Christopher Plummer, Norman Jewison and the late Al Waxman.

Today, tailored apparel has dropped to about half of the chain's sales, although formal wear has "never been stronger," Rosen insists.

There's an appetite for luxury brands, he says, pointing to the rapid influx of big U.S. brands Nordstrom and Saks Fifth Avenue.

"And I know that Neiman Marcus has been scouting this market. I predicted this would all happen," he says.

"We acted in operating our business like they were here already ... and that's worked pretty well."

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Canadian menswear titan Harry Rosen is officially retiring, but is still active in business. THE CANADIAN PRESS

“I'm wide open to new ideas. When I go somewhere with my wife, I usually am looking at the stores and looking at what people are wearing.

Harry Rosen, founder of the Harry Rosen chain

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The good, the bad and the ugly

It takes a star who's truly secure in their style to share their wardrobes worsts. These fashion favourites confessed the looks they wish had never left their closets. TORSTAR NEWS SERVICE



Justin Timberlake

Justin is well-aware that his masterclass in matchy-matchy excess with then-girlfriend Britney Spears is iconic for all the wrong reasons. "I'd probably pay good money to get some of those pictures off the internet," he's said.



Gwyneth Paltrow

Today's Oscar red-carpet queen admits she put the wrong foot forward in her angst-y 2002 ensemble, a look that Margot Tenenbaum might have styled. "There were a few issues," she's since admitted. "I should have worn a bra and I should have just had simple beach-y hair and less makeup."



Cindy Crawford

The original super shared this photo on Twitter, marveling, "OMG... Was this actually ever in style?!" As modeled by Cindy, could it ever not be?



Miley Cyrus

Cyrus stands by the foam fingers and barely-there pasties. It was her Mother Moon-ish draped jacket at the premiere of the Justin Bieber film *Never Say Never* that she wishes would be stricken from the public record. "It was not Woodstock, it was a premiere," she says.



Kim Kardashian

It looks like second time was the charm for Kardashian when it came to maternity fashion. During her first pregnancy, her stylists, she says, "wanted me in really outrageous things, and really fashion-y things. It probably wasn't the time to be experimenting."



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Behind the bread

Meet the bakery owner of the new COBS Bread Kensington

This is an exciting time for the COBS Bread family. Last week, Niki Falade opened a COBS Bread bakery in Calgary's beloved Kensington neighbourhood. All sales from opening day — over \$2,800 — were donated to the Alberta Cancer Foundation.

The Falade family have been constant patrons of COBS Bread products. They feel passionately about the bread and the opportunity to share it with the Kensington community. Read a little bit more about Niki in the interview below.

Q: What inspired you to join the COBS Bread family?

A: For at least five years prior to our family's decision to become bakery owners, we were ardent customers of COBS Bread. Over the years, we have thoroughly enjoyed the products that are baked fresh every day. Seeing, and tasting, how good they are convinced us to take our COBS Bread experience to the next level — from customers, to franchisees.

Q: What did you do before working at COBS Bread?

A: Ola is an engineer who has worked for more than 20 years in the energy industry



CONTRIBUTED

across multiple continents. I am an architect by training and practice. Later, I transitioned into a new role as a stay-at-home mom in order to raise our three children. We have been settled and living in Calgary for the past six years.

Q: What do you enjoy the most about becoming a franchisee?

A: The fact that we can run our own business with a proven brand name that is founded on unique and healthy products, and a supportive organisation at the back end who is committed to our success.

Q: Which charities will your bakery donate end-of-day products to?

A: We are excited to donate our end-of-day products to the Hillhurst Sunnyside Community Association, Calgary Women's Emergency Shelter, Breakfast Club of James Fowler High School, Catherine Nichols Gunn School, Queen Elizabeth High School and other local charities.

Q: How are you planning on getting involved with the Kensington community?

We will help bake sales and dough-and-bread fundraisers through our Dough Raiser program (visit cobsbread.com/cobs-cares/

dough-raiser-program to learn more). We will also help and support community events and local charities.

Q: What do you like to do in your spare time?

A: I enjoy reading and watching movies. Ola likes to play golf. As a family, we also enjoy indulging in a delicious meal with friends.

Please follow Niki, Ola and the team at COBS Bread Kensington on facebook.com/cobsbreadkensington for freshly baked updates.

Fresh bread is just scratching the surface

Bread tastes best fresh. This is why at COBS Bread, the only bread you will find is the kind that has been baked in house that day.

Here are some of the factors that make COBS Bread offerings as fresh, unique and worth enjoying as possible.

Baked from scratch. COBS Bread bakes bread from scratch every single day.

A community focus. If bread's still sitting on the shelf at the end of the day, it doesn't go to waste. Each year, COBS Bread bakeries donate \$25 million in bread to charities throughout communities across Canada through the End of Day Giving Program.

Locally owned. Since COBS Bread bakeries are franchises, when you visit COBS Bread, you are supporting local entrepreneurs in your community.

Custom levain. The bakery's authentic sourdough is made from their own levain which was transported all the way back

from San Francisco.

A labour of love. COBS Bread's artisan loaves take a lot of time and care. Their Pane di Casa is a 16-hour process, and the authentic sourdough takes 20 hours to make from scratch.

Quality ingredients. These traditional Breads have no added sugar, dairy or preservatives, not even in their traditional white bread. The flour is 100 per cent Canadian flour milled specifically for COBS Bread at P&H Milling, a mill near Lethbridge, Alberta.

Healthier options. Are you a fan of grains and seeds? Try COBS Bread's Country Grain or Cape Seed Loaf. Trying to sneak healthier foods into your kids' diets (or even your own)? Try the High Fibre loaf.

New ideas. The bakers at COBS Bread are encouraged to submit their own recipes. The signature Cape Seed Loaf is one such baker

creation, and continues to be one of their most popular offerings today. Customers are also encouraged to leave suggestions: if you have an idea for a type of bread you'd like them to make, let them know.

Nutritional info. COBS Bread makes it easy for you to know what is in your bread. Each bakery can print out a list of ingredients right at the cash register. Don't expect a long list though — the Pane di Casa, for example, only has five ingredients.

The 10 under 10. Many products, in fact, use 10 ingredients or fewer. Check out the blog at cobsbread.com, where there's a "Top 10 under 10" list detailing the most recommended options.

Raise dough for school. Schools and clubs can sign up for their Dough Raiser Program at participating bakeries. Mention your school or club and the bakery will donate a percentage of your purchase back to it.

The bakers. The people manning the ovens are one of the best reasons to choose COBS Bread. Truly passionate about baking the freshest bread, they are up every morning at two or three a.m. baking everything from scratch. Head to your local bakery to meet your neighborhood baker.

Calgary's most popular

These are the favourite COBS Bread products among Calgarians. What's yours?

1. Cinnamon Bun
2. Higher Fibre Loaf
3. Ham & Cheese Croissant
4. Country Grain Loaf
5. Pumpkin Scone

With lush rainforests and mountainous terrain, Saint Lucia is a beauty of an island that still manages to feel like a hidden gem of the Caribbean. Pack a swimsuit plus something for motion-sickness – there are so many switchback roads through the mountains, it’s enough to make even the steadiest person’s head spin – and you’re all set for a tropical getaway to this island treasure where you can go all out or vacay more moderately.

KAREN KWAN FOR METRO



Soaking in St. Lucia

Stay

While the ultimate splurge on accommodations in Saint Lucia would be the eclectically designed **Jade Mountain** (shown above), where spacious suites feature only three walls — in place of the fourth is an infinity pool and view of the Pitons — book at its sister resort, **Anse Chastenet**, where the rooms have a folksy appeal and (bonus!) you’re closer to the beach. At **Stonefield Estate**, you’ll be blessed with an even closer view of Petit Piton from your villa and spectacular sunset views.

Sweat

Devour in local foods such as saltfish, bakes and starchy provisions (not to mention swigging rum from **Saint Lucia Distillers Chairman’s Reserve**) guilt-free when you work up a sweat hiking with a guide to the peak of **Gros Piton**, which stands 2,619 feet above sea level. For a much less strenuous but almost as rewarding view, the easy stroll along the **Tet Paul Nature Trail** will reward you with top-notch vantage points of both iconic volcanic mountains.

Swim

Nestled between the Pitons, **Sugar Beach, A Viceroy Resort**, is one of the most stunning spots to swim in Saint Lucia, which is where Matt Damon and his wife rented out to renew their vows. Not a guest of the Viceroy? Not a problem. **All beaches in Saint Lucia are public**, so you’re permitted to access this beach through the posh property.

Soak

At the luxurious **Kai Koko Spa at Ti Kaye Resort**, set on a cliff with expansive views of Anse Cochon below, detox with the spa’s signature 90-minute **Get Dirty Sulphuric Mud Wrap** that’ll help reinvigorate you while protecting your skin. Or, DIY alongside locals at the **Sulphur Springs near Soufriere**, at the mud baths where you soak in the natural, open-air hot water pool (which reaches 38C), slather yourself with mud, let it dry, then another hot water soak, and finally a quick rinse in the shower (tip: BYO towel).



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Culture is on the walls in Montreal



Arthur Gaillard (left), artistic director of MASSIVart, the creative agency behind the graffiti-esque decor at E.A.T. restaurant in W Montreal hotel, calls it "street-art inspired." PROVIDED

QUEBEC

City is turning into a work of art with new installations

Chris Lackner
For Torstar News Service

As I savour every last morsel of my melt-in-your-mouth tuna tartare, Mozart, Marilyn Monroe, James Dean and Darth Vader all seem to eye my plate hungrily.

Their images are splattered across the walls of Étre Avec Toi (E.A.T.) in W Montreal hotel, along with the likes of hockey legend Maurice "The Rocket" Richard, Batman and Mr. T.

It's an impressive list of regulars. Who knew Montreal would be able to deliver my dream dinner party?

But that's the magic of a city steadily becoming a living, breathing work of art. Through the likes of murals and new multimedia installations, all of Montreal seems to be a canvas.

There's no place that demonstrates that better than E.A.T. The wall art, from deviant wildlife to pop-culture mash-ups, was created by a who's who of famous graffiti and street artists — most of them local.

Arthur Gaillard, artistic director of MASSIVart, the creative agency behind the decor, calls it "street-art inspired."

Beyond minor space and colour constraints, each artist was free to follow their muse. "The history of Montreal street art is found in here," Gaillard says, noting MASSIVart aims to make

art more accessible to the broader public.

Montreal's annual MURAL festival takes that same attitude to the city's walls. The 2016 edition included new murals from local E.A.T. contributors like Stikki Peaches, and international artists like Israel's Klone Yourself, New York's Buff Monster and England's D*Face.

André Bathalon, co-founder of MURAL, says the fest has produced nearly 20 new murals each year since 2013, and maintains a growing legacy of over 50 permanent pieces on Montreal's walls. They even employ a repair artist for touch-ups.

"Once the party is over, the art stays on the wall," he explains. "The murals become landmarks or beacons. This is art tourism, a walk of discovery."

The murals are all found in the vicinity of Boulevard Saint-Laurent, which is closed to traffic for the June festival. The multi-storey murals pop out in unique ways depending on factors like sunlight, and your distance and angle.

From a mystical weeping woman, and a boy with a sling shot aimed at the stars, to a jungle-themed old comic book cover, the murals feel like magical little windows in the urban landscape. Sidewalks are fair game, too. On one corner, I'm forced to step on the drawing of a giant, 25-foot long pink squid, his long tentacles reaching over the sidewalk and into a nearby sewer grate.

Bathalon says each mural has four lives, and is reinvented by the changing seasons — especially in the winter, when the snow sharpens the surreal colours. Citizens serve as de facto

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CHRIS LACKNER

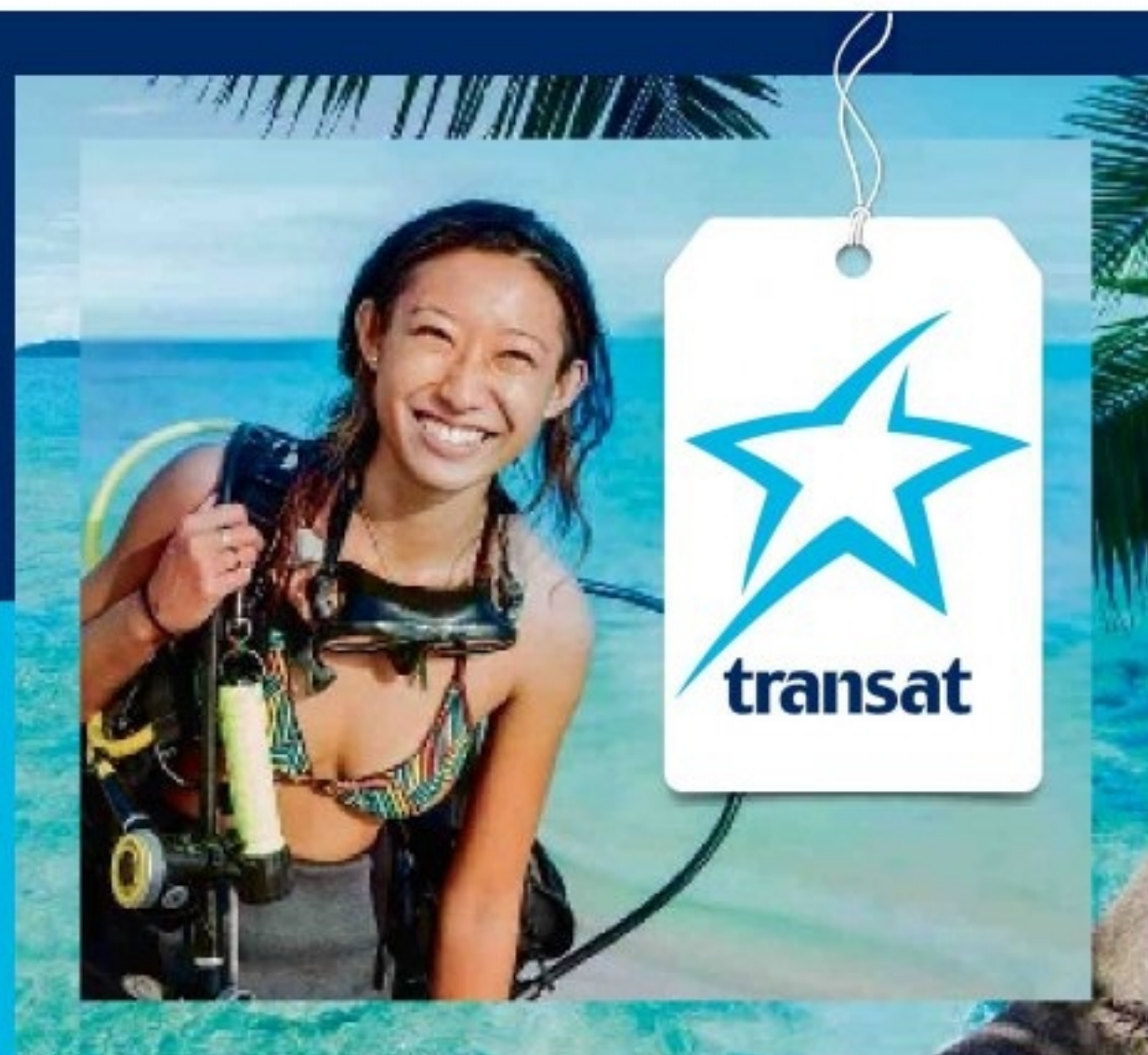
guardians, fiercely protective of the imagery on their building or neighbour's wall.

In 2015, Montreal's murals earned it distinction as the first Canadian city to be added to Google's street art gallery. With over 150 local murals available, it joined the likes of Barcelona, Philadelphia and London as a public art wonder of the world. Montreal's new motto could be, "Come for the art, stay for the city."

Case in point, Cité Mémoire in Old Montreal, where spirits of the past are brought back to life by a living spirit of creativity and innovation. A new, free app allows visitors to journey through time via the project's 18 after-dark tableaux. The multimedia vignettes, triggered by motion sensors and smart devices (which also provide the audio), project stories of the city's milestones and famous characters onto the area's historic walls. Four more will be added for the city's 375th birthday in 2017.

As co-creator Victor Pilon says, "All these people that made and built Montreal are still in its bricks."

Chris Lackner was hosted by Tourism Montreal, which didn't review or approve this story.



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TRAVEL NOTES ALIENS, A CLASSIC AUTHOR AND AN ARTIST-SINGER

Roswell developing park UFO Museum

The city of Roswell is developing a \$100,000 city park near the International UFO Museum and Research Center. The park will be adjacent to the museum building, which is one of the city's major tourist attractions. The park also will have walkways for people to travel through the area. The museum also has plans to redesign the interior of the museum.

THE ASSOCIATED PRESS



Roswell. ISTOCK

US, Cuba saving Hemingway artifacts

U.S. and Cuban officials and scholars are meeting in Boston this month to discuss joint efforts to preserve artifacts at Ernest Hemingway's former Cuban estate. The forum at the John F. Kennedy Presidential Library & Museum is focusing on a U.S.-Cuban collaboration to ensure the literary icon's legacy lives on. Both nations are working together to preserve Hemingway artifacts ranging from books and letters to fishing rods and mounted animal trophies.

THE ASSOCIATED PRESS



Hemingway. AP ARCHIVE

Yoko Ono unveils sculpture in Chicago

Artist-singer Yoko Ono has unveiled her first permanent public installation in the U.S. in a Chicago park that will be home to President Barack Obama's library. Ono on Monday unveiled SKYLANDING in Jackson Park on the city's South Side. The work has 12 large steel lotus petals that emerge from the ground. Ono says the artwork is "place where the sky and earth meet and create a seed to learn about the past and come together to create a future of peace and harmony."

THE ASSOCIATED PRESS



Ono. AP ARCHIVE

5 AMAZING PLACES TO GOLF NEAR THE OCEAN

Pack the clubs, rent a car and hit the palm-tree lined highways for a golf vacation you'll never forget. Southern California offers it all for golfers — acclaimed courses that sit atop ocean-side cliffs and twist through dramatic valley landscapes, together with a prize collection of golf resorts. Here, five of my favourite SoCal golf retreats. **BRIAN KENDALL/FOR METRO** FOR MORE VISIT BRIAN'S WEBSITE AT CANADIANGOLFTRAVELLER.COM



1 Fairmont Grand Del Mar

Inspired by the palaces of Spain, the Fairmont Grand Del Mar is unrestrained in its opulence. Gold, marble and crystal flourishes are seen throughout a 249-room property set in the secluded Sorrento Valley north of San Diego. Foodies flock here to sample the French-influenced artisanal cuisine at Addison, one of California's premier fine dining restaurants. But for golfers the prime attraction is Grand Del Mar Golf Club, a brawny 7,160-yard design by the great Tom Fazio punctuated by dramatic shifts in elevation.



2 The Lodge at Torrey Pines

Set on seaside bluffs just north of the tony San Diego suburb of La Jolla, The Lodge at Torrey Pines overlooks the world-famous South and North Courses at municipally owned Torrey Pines Golf Course. It was on the South Course that a hobbled Tiger Woods famously clinched an epic come-from-behind victory over Rocco Mediate in the 2008 U.S. Open. Doormen wearing Scottish kilts greet visitors at a post-and-beam Craftsman-style resort where the 170 rooms are furnished with antiques. Between rounds, hike the scenic trails leading to nearby Torrey Pines State Beach and Reserve.



4 Monarch Beach Resort

Built at a cost of \$240-million, Tuscan-inspired Monarch Beach Resort overlooks a gorgeous stretch of coastline between Los Angeles and San Diego, in the upscale community of Dana Point. Amenities include stunning artworks, a private beach club and a spa. Just like at Torrey Pines, the Pacific Ocean views are endless. Architect Robert Trent Jones, Jr. deftly positioned the tight fairways and rolling greens at Monarch Beach Golf Links to take full advantage of the magnificent setting.



3 Omni La Costa Resort and Spa

Almost as famous as Torrey Pines, Omni La Costa Resort and Spa features two recently renovated parkland-style layouts, Champions and Legends, that together have hosted 37 PGA Tour events. Nestled in coastal foothills about a 25-minute drive north of downtown San Diego, the 611-room Spanish-colonial style property is home to the fabulously refurbished Spa at La Costa. And offering treatments of a more spiritual nature is the Chopra Center, where wellness guru Deepak Chopra's body-mind healing techniques point golfers toward enlightenment—and, possibly, a smoother backswing.



5 Rancho Bernardo Inn

A lushly treed and wonderfully comfortable retreat in north San Diego, Rancho Bernardo Inn is an ideal home base for excursions to the San Diego Zoo and other local attractions. The 287 guest rooms at the two-storey adobe-style resort feature fire places and balconies overlooking either the gardens or a parkland-style golf course that has hosted both PGA and PGA tournaments. Water hazards and bunkers are constantly in play at this brilliantly renovated course originally designed by William Francis Bell.

Vacation bliss in Aitutaki

Aitutaki consists of a handful of small islands encircled by a lagoon in the middle of the South Pacific. It's the paradise you always dreamed but never quite believed could exist: uncrowded, inexpensive, safe and friendly, and stunningly gorgeous around, in and under the ocean. **THE ASSOCIATED PRESS**

Three's a crowd

Here's the catch on visiting Aitutaki: It's not that easy to get to. First you fly to Rarotonga, the largest of the Cook Islands, 15 volcanic islands and atolls scattered over an area the size of the Mediterranean. From Rarotonga's open-air airport, walk into town for the quintessential Polynesian souvenir, black pearls, then hop on the city bus that circles the island in an hour to snorkel off Aroa Beach. A 50-minute Air Rarotonga flight takes you to Aitutaki, which has about 2,000 inhabitants and only 229 rooms for visitors hidden among the palms. When three couples from the nearby luxury hotel took out kayaks at the same time, the miles-long white beach felt outrageously packed.

The beach hut

For Bora Bora-style overwater bungalows at more than \$1,000 US a night, check in at the Aitutaki Lagoon Resort and Spa. For 1/20th of that price, at Matriki Beach Huts, you get a cabin on the sand with private outdoor shower and deck exactly 19 steps from the lagoon surf. For meals, you can visit the Aitutaki's tiny grocery stores for picnic lunch provisions, and may even be allowed to pick starfruit in the locals garden.

Spending \$20 can get you cold beer and just-caught tuna steaks with homemade passion-fruit marinade at Puffy's Beach Bar and ika mata, raw tuna cubes in coconut cream, at the Boat Shed on the eastern tip of the island.

+ VISITOR INFO

Getting there

Two to four flights daily on Air Rarotonga connect Rarotonga with Aitutaki. Fly direct to Rarotonga from Los Angeles, Sydney, Tahiti and New Zealand.

Online

cookislands.travel
matriki.com

Tips

Because the Cook Islands are independent but in "free association" with New Zealand, they have NZ dollars, English (and Maori), and left-side driving.

Diving in

Within wading distance of your bed at Matriki Beach Huts, you can snorkel among cobalt blue starfish and Pixar-worthy creatures in silver, black or yellow patterns with names like Moorish idol, threadfin butterflyfish and lemonpeel angelfish. There are daylong cruise to uninhabited motu — tiny reef islands — where you can see purple coral and foot-ball-sized, sapphire-blue clams. But the colours are even more surreal above water: transparent over the sand bars, periwinkle in the surf, swirls of turquoise, green and aquamarine in the lagoon, while the lapis-lazuli Pacific roared against the reef. Aitutaki sits blissfully inside its reef like the best vacation amid real life: Sharks, capsizing waves, and cold abysses are still out there, but they can't get at you here.



The colours above the water are as surreal as those in the reef under the water. **ISTOCK**



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'We didn't come out of a genie lamp'

NEW YORK

Exhibit shows deep-rooted history of Arab Americans

Shakifa Halal was a Syrian immigrant on a New York-bound ship, her dreams rolled up in a piece of embroidery made from silkworms she grew, fabric she wove and cloth dyed with flowers picked in her homeland.

"She rolled that up and brought it because she said she wanted to be able to prove that she had skills ... This to her was like showing a diploma," said Halal's granddaughter, Vicki Tamoush.

Halal's floral artwork, which she brought to America in 1910 at the tender age of 13, now hangs in the Ellis Island National Museum of Immigration, part of an exhibition called "Little Syria, N.Y.: An Immigrant Community's Life and Legacy."

Through documents, artifacts and photos, the exhibition tells the story of a Middle Eastern community that once flourished in Lower Manhattan. The show is on until Jan. 9 in the building

where some 12 million immigrants from around the world first set foot in America. It documents the vanished neighbourhood of Little Syria in ways that still resonate, at a time when Syrian refugees and immigrant rights are making headlines.

From the 1880s to the 1940s, Little Syria sprawled from the New York waterfront, where Ellis Island ferries dock today, up to the site where the twin towers were later built.

The neighbourhood served as an incubator for other Arab enclaves, as residents moved on to build communities in Brooklyn, Detroit, Cleveland, Los Angeles and elsewhere. Halal was among those who didn't stay long, moving on to join relatives in Oregon, then California. There she found work as a seamstress, likely using the embroidery displayed at Ellis Island to get the job.

But others remained in Manhattan, creating a community in the early 1900s — also known as the Syrian Quarter or Syrian Colony — that was home to some 3,000 immigrants from the Syrian Ottoman Republic.

Most of the neighbourhood was torn down in the 1940s to make way for the Brooklyn



Linda Najjar, daughter of Esber Najjar, who migrated from Damascus in 1920, with some of her family's inherited belongings in New York's Brooklyn borough. ANDRES KUDACKI/THE ASSOCIATED PRESS

Battery Tunnel. Just three original buildings survive on Washington Street, and today, the area's ethnic history is largely unknown, even to native New Yorkers. When a cornerstone of a Syrian Maronite church turned up in the rubble of the twin towers in 2002, it provided tangible proof that many Arabs once lived, worked and worshipped here.

"We didn't come out of a genie lamp," said Charlie Sahadi, whose family came from Lebanon to Little Syria in the late 1800s. They launched Sahadi Importing, one of many businesses that helped introduce Middle Eastern goods to consumers here. The Ellis Island exhibition features a 1920s-era picture of Sahadi's great uncle, Abraham Sahadi, along with A. Sahadi & Co. tins and a 1930s ordering book. The Sahadi store moved to Brooklyn's Atlantic Avenue in the 1940s, but remains a popular gourmet grocery to this day.

The Sahadi story resonates with Devon Akmon, a fourth-generation Arab American and director of the Arab American National Museum in Dearborn, Michigan. The museum created the Little Syria exhibition, which debuted at its facility in 2012.

"You have to honour, celebrate and commemorate who first came, then look at what's happening now," said Akmon, who attended the show's Ellis Island opening Oct. 1.

Reclaiming stories is "essential," he said, as people flee war-torn Syria and amid anti-immigrant rhetoric on the campaign trail: Republican presidential candidate Donald Trump has proposed banning or strictly limiting Syrians and Muslims from entering the U.S. and many governors have sought to curb or change refugee resettlement.

Patricia Talisse, who emigrated in 1912 from the Syrian city of Aleppo, said the Ellis Island exhibition elicited tears as she saw the "common values and experiences" between then and now.

"We're here, and we have been for years," said Talisse, who hopes to create an online platform, "Speak to a Syrian," to counter bias and promote understanding.

Tamoush is grateful her grandmother's embroidery hangs where so many immigrants entered America. Yet she's pained by the reality facing so many fleeing Syria now.

"They're part of a continuum," Tamoush said. "They're not coming here because they want to, they're coming out of desperation. There but for the grace of God ... I could be that, but I'm not because she had that much courage at 13."

THE ASSOCIATED PRESS

IMMIGRANT HOMES RECREATED



An old apartment of an Italian immigrant family, reconstructed at the Tenement Museum in New York City.

KEIKO NIWA / LOWER EAST SIDE TENEMENT MUSEUM (CONTRIBUTED)

Recalling when Italian, Irish were the 'illegals,' 'terrorists'

This election year, Americans are having heated debates about foreigners — the potential terrorists, religious radicals and illegal immigrants.

But in one place these scary strangers are Irish, Italian and German.

Step into the time portal of New York's Tenement Museum, walk on its faded carpets and wander into the recreated homes of immigrant families named Moore, Gumpertz and Baldizzi.

This year, present and past are colliding here. During group tours, old stories are triggering new debates as modern-day political passions sweep the rickety hallways of this low-rise on the Lower East Side.

"Conversations can get heated," says one guide, Kathleen Fletcher. One thing that riles visitors sometimes: Comparing their ancestors to today's immigrants.

Visitors are shown old newspaper cartoons depicting Irish men and women as big brutes. They hear a song titled after the era's racist job postings: "No Irish Need Apply." They also hear about Italians being called terrorists, violent foreigners and illegals.

Fletcher welcomes the collision of past and present conversations. "I want there to be dialogue," she said.

The museum is set to add newer chapters of America's immigration story including Holocaust survivors, Puerto Ricans and Chinese people.

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Stampeders defensive back Jamar Wall breaks up a pass intended for Argonauts wide receiver Diontae Spencer in Toronto on Oct. 10. The two teams will do battle again Friday at McMahon Stadium. RICK MADONIK/TORSTAR NEWS SERVICE

Completing the home stretch

CFL

Stampeders aim to finish year undefeated at McMahon

The Calgary Stampeders and Toronto Argonauts have very different motivations heading into their game at McMahon Stadium on Friday night.

While the Stampeders (14-1-1) want to cap off an undefeated season at home, the Argonauts (5-11) need a win just to keep their microscopic playoff hopes alive.

Having already clinched top spot in the CFL and the right to host the West Division final, the Stampeders have set a goal of winning four more games — two in the regular season and two more in the playoffs.

By beating Toronto on Friday, Calgary will become just the seventh team in CFL history to go 9-0 at home, a feat the Stamps accomplished in both 1993 and 1994.

"One thing we've all talked about is if we go undefeated at home, we can go to the Grey Cup and that's a big deal for us," said quarterback Bo Levi Mitchell, who set a CFL record with his 13th consecutive win last week in a 22-8 victory over Montreal. "I think we've been resilient all year. I think guys have stepped in and done their

job. I think our coaching staff, honestly, has done the best job in the league of getting everybody ready, no matter who it is, every single week."

Rookie Stamps coach Dave Dickenson commended the fans in Calgary for providing motivation for his players during their home games.

"I thought like we've had some energy from them and that sort of thing," said Dickenson. "I'm looking forward to just going out here and finishing what we started. We did talk about protecting our house, like every other team I'm sure."

Running back Jerome Messam said the Stamps want to reward fans by winning their 14th straight decision while extending their undefeated streak to 16.

"It means a lot to know we've worked hard all year," said Messam. "We've tried to protect on home field and I think we've done that, so if we go out there and close

out the Argonauts, we're going to do that. It'll be good to make history."

Meanwhile, the Argos not only need to beat the Stamps, they need the Hamilton Tiger-Cats to lose their road game to the Ottawa Redblacks on Friday to remain in the playoff picture in the East Division.

"There's still a slight window of opportunity for us," said running back Brandon Whitaker. "Of course, we need a little bit of help, but that help doesn't mean anything unless we go out and do our job. We've still got a chance to sneak in

and it would be a heck of a story to come back and make history pretty much. That's our mentality going in and we're just going to execute and try and beat the best team in the league."

The Argos will have quarterback Ricky Ray back calling the shots this week, while Drew Willy sits out with an injury to his throwing shoulder.

Ray hasn't played since suffering a deflated lung and fractured rib in Toronto's 49-36 Labour Day loss to Hamilton.

THE CANADIAN PRESS

“For us to come in here and play well and knock them off would be a nice feather in our cap.”

Argos coach
Scott Milanovich



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Habs win in Price's return to crease

NHL

Superstar G tops Coyotes after 11-month injury absence

Carey Price made 27 saves in his much-anticipated season debut as the Montreal Canadiens beat the Arizona Coyotes 5-2 on Thursday night.

Alexei Emelin, Torrey Mitchell, Shea Weber, Alex Galchenyuk and Artturi Lehkonen scored for Montreal (3-0-1).

Jakob Chychrun and Laurent Dauphin scored for the visiting Coyotes (1-2-0).

Playing for the injured Mike Smith, backup goaltender Louis Domingue conceded four goals on 19 shots before being pulled in the second period. Justin Peters stopped 23-of-24 shots in relief.

Price made his first NHL start since injuring his right knee on Nov. 25, 2015. The 29-year-old also missed the first three games of this season with a severe flu.

Price wasn't tested much in the opening frame. The Habs netminder eased back into NHL action by making eight fairly easy saves in the first period. He didn't face a shot until 6:30 into the encounter.

Things weren't as smooth in the second. A sprawled-out Price was helpless against Chychrun



Carey Price made 27 saves in his season debut on Thursday against Arizona.

MINAS PANAGIOTAKIS/GETTY IMAGES

THURSDAY In Montreal



at 6:36 for Arizona's first of the night to make it 4-1. Then Price conceded again at 16:09, a short-handed goal for the Coyotes,

after a bad giveaway by Nathan Beaulieu in his own zone.

But those were the only times Arizona would find the back of the net, as Price improved to 8-0-0 in his career against the Coyotes.

Montreal put the game out of reach with three goals in less than four minutes in the second period.

Mitchell made it 2-0 with a

one-timer at 2:07 off a beautiful cross-ice pass from Beaulieu. Weber then scored his first in a Canadiens uniform two minutes later with a hard slap shot through traffic.

Galchenyuk dangled around Arizona captain Shane Doan at the blue line before beating Domingue with a wrister at 5:49 to make it 4-0.

THE CANADIAN PRESS

MLB PLAYOFFS

Cleveland bullpen solid amid injuries

By winning the American League Championship Series in five games, the Cleveland Indians not only captured a spot in the World Series, they also earned a break this team could sorely use.

Injuries to starters Carlos Carrasco, Danny Salazar and Trevor Bauer left Cleveland in a tough spot even as Cleveland kept winning. They started Corey Kluber on short rest in Game 4 of the ALCS against Toronto, then sent a virtual unknown to the mound for Game 5 in Ryan Merritt. Cleveland won Game 5 and the series behind a solid effort from Merritt, but the Indians would love for Bauer and perhaps even Salazar to be able to contribute at some point soon.

If not, well, Cleveland can still rely on a bullpen that's been up to the task so far. ALCS MVP Andrew Miller has received much of the attention, but the Indians go deeper than that.



Andrew Miller was named ALCS MVP. GETTY IMAGES

Their relievers have posted a 1.67 ERA in 32-1/3 innings this post-season, with Cody Allen and Bryan Shaw also making important contributions.

The World Series starts Tuesday, and Cleveland is four wins from its first title since 1948.

THE ASSOCIATED PRESS

IN BRIEF

Nadal pulls plug on season to heal hurting left wrist

Rafael Nadal is cutting short his season so he can recover from a left wrist injury.

The 14-time Grand Slam champion said Thursday he is still bothered by the injury that kept him out of action for more than two months this season and wants to treat it properly before coming back in 2017. THE ASSOCIATED PRESS

Canadian interuniversity sport rebranded 'U Sports'

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EUROPA LEAGUE EVERY POG' HAS ITS DAY, UNITED EASILY WIN
Paul Pogba cast aside criticism of his recent performances by delivering a reminder of his talent on Thursday, scoring twice in Manchester United's 4-1 win over Fenerbahce in the Europa League. LAURENCE GRIFFITHS/GETTY IMAGES

Foxes' title hangover yet to wear off

PREMIER LEAGUE

Leicester are perfect in CL but only 13th in EPL table

Glance at the Champions League standings and it would seem all is just fine at Leicester City this season. Three matches. Three wins. No goals conceded. If only the defence of its English Premier League title was going so well.

Few expected Leicester to replicate the feats of last season, when the unheralded team from central England went from relegation favourites to title winners in one of the most amazing stories in all of sports.

Few, though, would have expected such a drop-off in the league the following season.

"When I think of the Premier League, I'm very, very angry," said Leicester's usually amiable coach, Claudio Ranieri.

Leicester heads into Saturday's home match against Crystal Palace in 13th place in the 20-team league, having lost four of its opening eight games. The team only lost three league matches in the whole of last season.

Last season, everyone knew Leicester's first-choice lineup and Ranieri rarely rotated, but with new arrivals that has changed. Shinji Okazaki, for example, rarely starts now and the Japan forward was a key member of the title-winning team because of his work rate, unselfishness and qualities in linking the midfield and attack. Then there's the dip in form of star players from last season — striker Jamie Vardy and winger Riyad Mahrez.

A mid-table finish in the Premier League and getting to the knockout stage of the Champions League would be acceptable in this most unusual of seasons for Leicester. But for Ranieri, the quicker the team gets to the 40-point mark the better.

THE ASSOCIATED PRESS

+ FIXTURE LIST

SATURDAY

- Tottenham at Bournemouth
- Middlesbrough at Arsenal
- Everton at Burnley
- Stoke City at Hull City
- Crystal Palace at Leicester
- Watford

at Swansea City

- Sunderland at West Ham
- West Bromwich at Liverpool

SUNDAY

- Southampton at Manchester City
- Manchester United at Chelsea

NCAA

Louisville probed after escort allegations

The NCAA accused Louisville of four violations stemming from its investigation into allegations that a former basketball staffer hired escorts and strippers for sex parties with recruits and players.

The governing body's report Thursday does not mention a lack of institutional control — the most serious violation — but says coach Rick Pitino failed to monitor staffer Andre McGee.

Pitino disputes that finding, saying his tendency is to over-

“This man made a mistake and we apologize for his mistakes.”
Louisville coach Rick Pitino on staffer Andre McGee

monitor. If anything, the coach said he was guilty of trusting

someone to tell him what was going on. “This man (McGee) made a mistake and we apologize for his mistakes,” he said during a news conference. Pitino has denied knowledge of the alleged violations. The NCAA's letter is the first step in a process that could extend into next spring. Louisville has 90 days to respond.

The letter culminates an inquiry that began with the publication last October of Katina Powell's book, *Breaking Cardinal*

Rules: Basketball and the Escort Queen.

Powell wrote that McGee paid her \$10,000 for strippers to perform 22 shows from 2010-14 — a period that includes Louisville's NCAA 2012-13 championship season — with many occurring in the players' Billy Minardi Hall dormitory. The building is named for Pitino's brother-in-law, who died in the Sept. 11, 2001, terrorist attacks in New York.

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RECIPE Waffled Avocado Grilled Cheese



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

cheese

Directions

1. On a cutting board, lay out bread slices. Spread butter on one side of each slice of bread.

2. In a small bowl, mash avocado, cilantro and salt to taste. Spread a heaping tablespoon of avocado mix on two slices of bread and sprinkle with cheese. Add cheese to the other plain slices of bread.

3. Place grilled cheese in waffle maker and cook according to machine's directions for a waffle. Repeat for the second sandwich.

Ready in 15 minutes

Prep time: 5 minutes
Cook time: 10 minutes
Serves 2

Ingredients

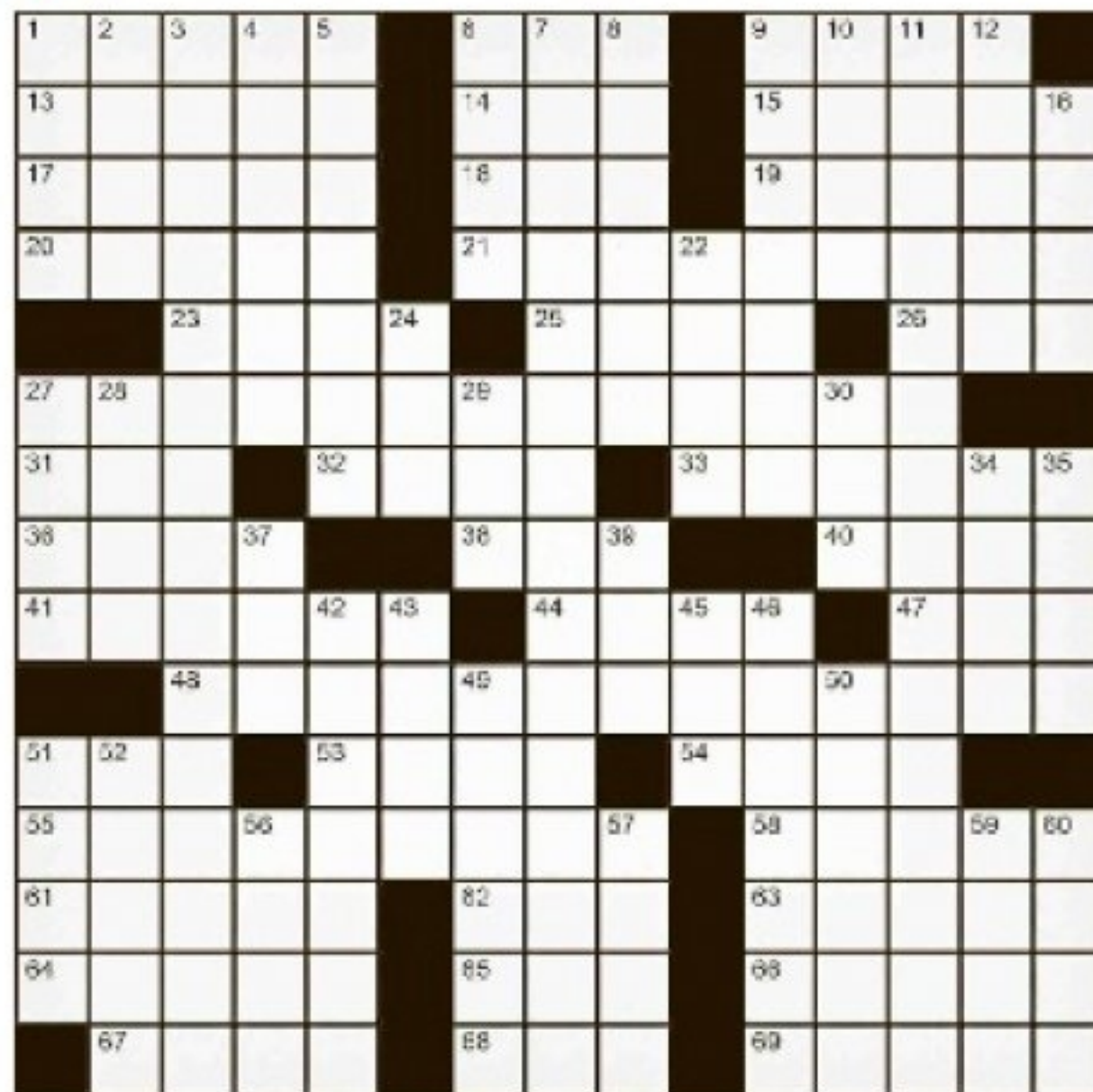
- 4 slices of whole grain bread
- butter
- 1/2 avocado
- small handful of fresh cilantro
- salt
- 1/2 cup shaved Monterey Jack

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ACROSS

1. Singer/actress Ms. Moore
6. Brad's ex, briefly
9. LA photographers
13. 2004 Green Day album, 'American ___'
14. Scottish 'no'
15. Pontificate
17. Boomtown Rats' ___ 'Like Mondays'
18. Utmost degree
19. Legendary ballet company
20. Ancient Greek colony
21. Dita Von Teese's theatrical specialty
23. Agitate
25. Rivers, in Mexico
26. Website
27. With all of a person's possessions: 3 wds.
31. California baseball team [acronym]
32. Go by yacht
33. Lazy Daisy, in embroidery
36. Arm drawings, commonly
38. Graduate's degree, e.g.
40. Stage musical, Man ___ Mancha
41. Bundles
44. Cow's offspring
47. Speed ___
48. Ottawa: The Library of Parliament, also known as 'Canada's Most ___'
51. Horiz.
53. 2002 Literature Nobel Mr. Kertész
54. North Pole laugh: 2 wds.
55. The carved wood panelling of The Library of Parliament is



made from what type of tree?: 2 wds.
58. Supercharger
61. Inert gas
62. John Fogerty's gr.
63. Smug-looking grin
64. Like a lotus position

65. Powder ___
66. Al Capp's 'Li'l' creation
67. France: Mediterranean resort
68. Initials-sharers of Gloria's portrayer on 'All in the Family'
69. Eva and Zsa Zsa's sister

DOWN

1. Nero's 1003
2. Vegetable stand selection
3. Vancouver landmark crossing the Burrard Inlet: 3 wds.
4. Madonna's 'La Isla ___'
5. Gains

6. 'The Brady Bunch' actress, ___ Davis
7. NSERC = ___ and Engineering Research Council of Canada
8. Yankees legend Lou
9. Stokes the fire logs: 2 wds.
10. Mr. Onassis'

11. Oak, Cherry and Walnut... That upon which visitors to #48-Across studiously walk: 2 wds.
12. England: Canterbury's river
16. Mr. Knievel
22. Records
24. Nutritional suggested amount [acronym]
27. Sandwiches, e.g.
28. "I get it noooo!"
29. Diner's shirt protector
30. Acqua Di ___ (Armani fragrance)
34. Muse of history
35. "Mad Men" star Jon
37. Mailing encl.
39. Eatery, e.g.
42. Tin-glazed earthenware
43. ___ pumps, as in basements
45. "I ___ Ya Papi" by Jennifer Lopez
46. Ship's unsunken remains
49. Fools
50. It's called the 'Dance of Romance'
51. Wonky
52. 2004 Alanis Morissette album: 'So-Called ___'
56. Easy! There's nothing ___!
57. Work units
59. Born and ___
60. Pod vegetable

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the next four weeks, you will be intense! In particular, you will want to tie up loose ends regarding shared property, taxes, debt and inheritances.

Taurus April 21 - May 21
The Sun is opposite your sign for the only time all year during the next four weeks. This means you need more rest. You also will have a strong focus on partnerships and friendships.

Gemini May 22 - June 21
Do whatever you can to get better organized in the next four weeks. You want to feel confident, on top of your scene and smart!

Cancer June 22 - July 23
Lucky you! The next four weeks are perfect for a vacation. They also are the time for sports events, socializing with others, flirting and having fun with your main squeeze.

Leo July 24 - Aug. 23
Now your attention will turn to home, family and your private life. Your interaction with a parent during the next few weeks could be significant.

Virgo Aug. 24 - Sept. 23
Fasten your seatbelt, because the next four weeks are busy! You've got things to do, places to go and people to see! Take a short trip.

Libra Sept. 24 - Oct. 23
Money, wealth, assets and possessions will be your focus in the next four weeks. Look for ways to boost your income because they exist.

Scorpio Oct. 24 - Nov. 22
The Sun is in your sign for the next four weeks, boosting your energy and giving you a chance to recharge your batteries for the rest of the year. Go, go, go!

Sagittarius Nov. 23 - Dec. 21
Work alone or behind the scenes for the next four weeks while you plan your new year (birthday to birthday) ahead. Any ideas?

Capricorn Dec. 22 - Jan. 20
Your popularity will soar in the next four weeks because you want to interact with friends and groups. This is a good time to share your hopes and dreams for the future with others.

Aquarius Jan. 21 - Feb. 19
The Sun will be at the top of your chart for the next four weeks, casting a flattering light on you. You look good to bosses, parents and VIPs!

Pisces Feb. 20 - March 20
Try to travel in the next four weeks because you need to get outta Dodge. You want to explore more of the world to learn something new!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	4		6			1		
5				4		2		
					2		5	6
2						8		
	1						3	
		7						4
1	6		2					
		4		3				1
		9			8		7	



STAND UP FOR JESUS

Standing up for Jesus demands that you live a life that is pleasing to God. You will be hated by the world and may even suffer persecution; but your encouragement is in the word of God which says, "Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven." (Matthew 5:10). Stand for Godly and against ungodly things; and if you have not given your life to Christ, do so today.

For prayers and counseling call the pastor at 587-579-0454

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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9	5	8	3	7	1	4	2	6
6	1	2	9	4	8	5	3	7
7	4	3	5	2	6	8	9	1
3	8	7	1	5	9	2	6	4
4	6	5	2	8	7	3	1	9
2	9	1	6	3	4	7	5	8
8	3	6	7	1	5	9	4	2
5	7	9	4	6	2	1	8	3
1	2	4	8	9	3	6	7	5

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